



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SEPTEMBER 2011 NEWSLETTER

SHSAA EXECUTIVE 2011 - 2012

PRESIDENT:
Roger Morgan, Kincaid

PAST-PRESIDENT:
Angela Tillier, Regina Luther

EXECUTIVE COUNCIL:
Val Gordon, Eastend
Jody Kerr, Weyburn
Brian Grest, Humboldt
Kelly Schneider, Medstead
Barclay Patterson, Saskatoon

Dale Reed, Regina
Kerri Archibald, Humboldt
Miles Bennett, Rosetown
Larry Pavloff, Martensville
Larry Bedel, Horizon SD

EXECUTIVE DIRECTOR:
Kevin Vollet

ASSISTANT
EXECUTIVE DIRECTOR:
Lyle McKellar

EXECUTIVE ASSISTANT:
Aimee Mottershead
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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."

September 2011

Executive Director's Report

Welcome back to another school year. This summer has been a very refreshing and welcome change from what we have had the past few years. The temperature seemed ideal and the disappearance of the dreaded mosquito, made for a very rewarding summer. Along with the relaxing summer, I hope that all of you were able to recharge the batteries in anticipation of another exciting and rewarding year of school sport. I know there will be a flood of eager student athletes anxious to return to the field or court to engage in some memorable competition. I know that the youth we serve will benefit from the impact that you and school sport has on them. Building future citizens is the mandate of school sport which prepares these students for the next phase of their lives. I hope everyone had time to reflect upon personal and Association philosophy during this rejuvenation period. Remember, our Association builds individuals not athletes. The office staff and the Executive look forward to another great year and hope everyone involved shares the same excitement.

We did not finish the year as many would have liked given the fact that the Association was unable to deliver a complete athletic calendar due to job sanction. However, I must commend the Executive and the educators of this province for the dedication and responsibility that you displayed throughout the last two months of the year. The decisions were not easy but in the end, the right decision was made. Although the student athletes did not have a provincial track championship to complete their year, they did have the opportunity to engage in practices and a few competitions in that particular sport. Along with this activity, the majority of our student athletes did learn the various skills that school sport provides throughout the year in the Association's other nine activities. The Executive and the office staff appreciated the support and thanks from our delegates conveyed regarding the decision. It was rewarding to meet and reacquaint with many of you at the AGM in June. The delegates in attendance participated and shared ideas at the annual general meeting in Saskatoon bringing closure to the 2010-2011 school year. Approximately 185 delegates worked together in the interest of students to decide the direction of the Association. SHSAA President **Angela Tillier** from Regina Luther High School chaired the three-day meeting which included the election of five positions to the SHSAA Executive Council. **Roger Morgan**, Kincaid School, was elected as the new SHSAA President. Joining Roger new to the Executive Council will be **Kerri Archibald** from Humboldt Collegiate, elected as the Women's representative and **Barclay Patterson**, Evan Hardy Collegiate, as the Saskatoon representative. Acclaimed to a second term on the Executive was **Kelly Schneider**, Medstead School, as Section 4 representative and **Jody Kerr**, Weyburn Comprehensive, as Section 2 representative. Returning to the Executive Council is: **Angela Tillier** as Past-President (one-year position); **Dale Reed**, Regina O'Neill High School, as Regina's representative; **Miles Bennett**, Rosetown Central High School,



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as Official's Commissioner; **Val Gordon**, Eastend School, as Section 1 representative; **Brian Grest**, Horizon SD, as Section 3 representative. Appointments to the Executive Council were renewed for **Larry Pavloff**, Prairie Spirit School Division, as SSBA (Saskatchewan School Boards Association) representative and **Larry Bedel**, LEADS representative by their respective organizations. 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 **Amanda Miazga**, St. Walburg, and **Jesse Reis**, Walter Murray Collegiate serve on the Executive Council as the Women's representative and Saskatoon representative respectively. Amanda has completed her four year commitment to the Association and she dedicated much of her time to the betterment of the province's students. Jesse has taken a teaching position outside of Saskatoon, therefore was required to step down. Jesse was very involved in his one year of service and the Association was very lucky to have an energetic and dedicated individual in Jesse serving the needs of Saskatoon and the province.

The 2011 AGM was a great success. I would like to publicly thank District President Grant Elke, Athletic Commissioner Brian Hilsen, incoming District President Craig Reinhardt, Superintendents Noel Roche and Jon Yellowlees and the Central Valley District for hosting our AGM in Saskatoon. 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. From my perspective, this year's AGM brought a unification of the membership with the belief in not only the Executive that you have elected, but also in the Association as a whole and the philosophy that has made this an organization as strong as it has been for the past 63 years. My thanks goes out to you, the membership, for the time you put in with the student athletes and the difference that school sport makes for our students in this province. A brief summary of these changes are listed below.

Each school will still be required to submit their current school enrolment as of September 30th, 2011 to the web site by October 7th, 2011. 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.

All of us at the SHSAA office look forward to a great year and hope that the programs that this Association provides does so without any interruption along the way – for the sake of the students. Our staff is here to serve the 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 2011-2012 school year.

- The four sections of the SHSAA have now been redistributed. **West Central is now a part of Section 1** which also includes South West, South Central and Regina. Section 4 now contains North West, Battle West and Central Valley.
- When a provincial championship makes provision for a coaches meeting and/or opening ceremonies, it has always been an expectation for attending teams to participate. It is now in print that **all coaches, teams and individuals qualifying for a provincial championship, must attend the coaches meeting and opening ceremonies**. Failure to comply will be considered a Breach of the Bylaws and subject to sanctions.
- A school's classification (based on the previous year's enrolment figures of Sept. 30th – 2010/2011 numbers) will be based on the school's Grade 9 – 11 students posted figures. **Not included in these student enrolment figures would be those students whose athletic eligibility has expired** prior to entering Grade 12.



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- **Volleyball official's pay** scale has been adjusted to \$18.00 (1st referee) & **\$15.00 (2nd referee)** for SVA members and \$15.00 (1st Referee) and **\$10.00 (2nd Referee)** for non SVA members.
- **Wrestling officials pay for a two-day meet has been increased to \$180.00.**
- Mileage rates for officials have been increased to **\$.40 per kilometre.**
- Per diems for officials have been increased to **\$12.00 per meal.**
- Accommodation reimbursement for officials has been increased to **\$120.00 per night.**
- The guidelines for seasons of play have been altered for football. To ensure that athletes are preparing properly prior to their first scrimmage, the number of weeks that teams may begin practicing has been increased to **13 weeks prior to the provincial final.**
- **Golf**
 - For grass golf only, a girls team may include up to four golfers, but the **best two scores** on each hole will be used for the team scoring.
- **Football**
 - The SHSAA Provincial Council has directed the Executive Council to investigate ways of **increasing the number of nine-man football programs** in the province.
- **Volleyball**
 - Volleyball regions that have eleven or more teams will be divided into three conferences with two teams advancing; regions with eight to ten teams will be divided into two conferences with three teams advancing and regions with seven or fewer teams will advance directly to regional play without a conference playoff.
 - For 1A – 5A volleyball, provincial tournaments will be a **ten-team tournament with two pools of five** advancing the top four teams in each pool to the playoff round.
- **Curling**
 - The region that includes the **provincial host will be a six-team** tournament.
 - In addition to each team having a one-minute time-out in an extra end, there will also be an **automatic two-minute time-out prior to the extra end.**
- **Wrestling**
 - For the male category, **weight classes have been redefined** using the following upper limits:
41 kg, 44 kg, 47 kg, 50 kg, 53 kg, 56 kg, 59 kg, 62 kg, 65 kg, 69 kg, 73 kg, 77 kg, 82 kg, 90 kg, 98 kg, 110 kg, 110+ kg (Max 130 kg).
- **Basketball**
 - Effective the 2012-2013 year, SHSAA will follow the FIBA rule book with the following exceptions – SHSAA sanctioned play will be conducted using the **trapezoid key.**
 - Effective the 2012-2013 year, SHSAA will follow the FIBA rule book with the following exceptions – SHSAA sanctioned play will be conducted using the **6.25m three point arc.**
 - Effective the 2012-2013 year, SHSAA will follow the FIBA rule book with the following exceptions – SHSAA sanctioned play will be conducted **not using the no-charge semi-circle.**
- **Badminton**
 - The coaching breaks between sets in a match have been reduced to **90 seconds** from 2 minutes.

A complete listing of all approved and defeated resolutions is available on the SHSAA web site. Go to:
http://www.shsaa.ca/pdfs/2011/Resolutions_2011_FINAL.pdf

2011 SHSAA Merit Award

The following individual received the SHSAA's highest honour, the 2011 Merit Award. A citation regarding his career in school sport is included in the 2011 SHSAA Yearbook. Congratulations to:

GRANT ELKE, Osler



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2011 SHSAA Service Award

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

Ken Parker - Battle West
Craig Reinhardt - Central Valley
Alan Sharp - East Central
Barry Croshaw - Horizon Central
Ryan McKinnon - North Central
Rocky Chysyk - North East
Amanda Miazga - North West

Randy Clark - Qu'Appelle Valley
Bruce Pearce - Regina
Ivan Tam - Saskatoon
Todd Searcy - South Central
Wanda Pegg - South East
Deb Reamer - South West
Miles Bennett - West Central

SHSAA Outstanding Coach & Official Awards

The recipients of the 2011 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 fourth 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:

2011 SHSAA Outstanding Coach & Official Awards						
DISTRICT	COACH	SCHOOL	COACH	SCHOOL	OFFICIAL	SCHOOL
BATTLE WEST	Paula Mamer	St. George	Martin Berg	Unity	Scott Witt	Kerrobert
CENTRAL VALLEY	Terra Kooy	Delisle	Brian Cook	Asquith	Scott Cory	Hanley
EAST CENTRAL	Sharon Roach	Melville	John Svenson	Melville	Rusty Tambllyn	Yorkton Regional
HORIZON CENTRAL	Gail Saelhof	Young	Trevor Otsig	Three Lakes	Rob McGregor	Watrous
NORTH CENTRAL	Jamie Zurakowski	St. Mary	Bob Coffin	P.A. Carlton	Barry Mihilewicz	Prince Albert
NORTH EAST	Penny Anderson	Melfort	Gene Hauta	Hudson Bay	Linsey Thornton	Melfort
NORTH WEST	Roberta Patterson	Jonas Sampson	Ray Bodnarek	Maidstone	Vicki Iamb	Lloydminster
QU'APPELLE	Alyson Juve	Lumsden	Drew Schenk	Lumsden	Harold Glowa	Kelliher
REGINA	Rhonda Haus	F.W. Johnson				
SASKATOON	Janet Christ	Walter Murray	Pat Barry	Mount Royal	Mike Kylo	Saskatoon
SOUTH CENTRAL	Suzanne Morgan	Kincaid	Troy Wist	Central Butte	Barry Gunther	Moose Jaw
SOUTH EAST	Dana Krienke	Oxbow	Tracy Ogden	Filmore	Jim Parsons	Weyburn
SOUTH WEST	Jamee Coupe	Val Marie	Ben Klaassen	Waldeck	Michael Francis	Hodgeville
WEST CENTRAL	Rosmarie Tam	Outlook	Russell Fersch	Elrose	Bob Akre	Outlook LCBI

Web Site

As part of the Executive's initiative to improve the operation of the Association, BCG has been hired to give the web site a facelift. Over the summer, the public web site was revamped with a fresher, more modern look including some added features to help the public navigate to information that is pertinent and useful. Along with the public side of the web site being updated, the exnet, which is password protected for our schools, has been modified to the next version. Hopefully these two areas of the web site will make it more accessible and easier to navigate for the public as well as our athletic directors. As before, the web site 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 the enclosed 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 tournaments involving out-of-province teams or 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) is Wednesday Sept. 7th and the School Enrolment (E10 Forms) is due September 30th. **Remember that the E5 deadline for the fall activities (golf, cross country, soccer, football and volleyball) is September 7th 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 or the first contest. The Association asks that all students that have tried out for an activity 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 filing of the eligibility form 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 submission on the enrolment declaration from September 2010. These conferences are posted on the web site. **It is imperative that each school file their enrolment declaration based on the students registered as of September 30th, 2011 by October 7th, 2011. This data is important to determine if a school needs to change classification immediately from where they have been placed based on the previous year's enrolment figures. This is by policy whereby a school that experiences an increase or decrease of 25% and changes classification will be moved to the proper classification immediately. This was approved at the 2008 AGM as part of the classification resolution.**



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Coaches Symposium

The SHSAA Coaches Symposium kicked off the 2011-2012 school sport season. The Symposium was held in Saskatoon on the 15th & 16th of August. One hundred and six 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.

School Sports Week

School Sports Week will take place again this fall. During the week of October 9th to the 15th, 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	Brad Nemish	Spiritwood	883-2282	NB John Paul	Wed. Sept. 7 th	1:00 pm
CENTRAL VALLEY	Craig Reinhardt	Allan	257-3311	Warman	Thurs. Sept. 1 st	1:00 pm
EAST CENTRAL	Brad Cameron	Sturgis	548-2103	Y'ton Regional	Wed. Sept. 7 th	1:30 pm
HORIZON CENTRAL	Barry Croshaw	Watrous	946-3309	Lanigan	Tues. Sept. 6 th	2:00 pm
NORTH CENTRAL	Chantelle LaMotte	PA Carlton	922-3115	PA Carlton	Thurs. Sept. 1 st	4:30 pm
NORTH EAST	Kelly Simpson	Melfort	752-2891	Tisdale	Tues. Sept. 13 th	5:00 pm
NORTH WEST	Darren Nordell	Edam	397-2944	Meadow Lake	Tues. Sept. 6 th	2:00 pm
QU'APPELLE	Don Morrison	Lumsden	731-2262	Wolseley	Wed. Sept. 7 th	5:00 pm
REGINA	Mick Panko	Regina Public	523-3650	Regina	Thurs. Sept 22 nd	1:00 pm
SASKATOON	Rayanne Witt	Bethlehem	659-7900	City Park	Wed. Sept 14 th	7:30 am
SOUTH CENTRAL	Bart Mihalicz	Craik	734-2404	Gravelbourg	Wed. Aug 31 st	2:30 pm
SOUTH EAST	Ryan Nichols	Carnduff	482-3491	Arcola	Tues. Sept. 6 th	5:00 pm
SOUTH WEST	Terry Ross	Ponteix	625-3277	Gull Lake	Wed. Sept. 7 th	2:30 pm
WEST CENTRAL	Jeff Sopczak	Rosetown	882-2655	Rosetown	Wed. Sept. 7 th	2:30 pm

Bids to Host Provincial Championships in 2012-2013

There is just one host venue for the 2012-2013 provincial championships that was left unresolved at the June 2011 AGM. The following activity has not been designated to a particular school for the following year. The SHSAA Executive will determine the host location for the following provincial championship at the December 2011 meeting based on bids received. The SHSAA office will accept bids for these events from interested schools until **November 25th, 2011**. For championships on rotation, please inform the office.

SCHOOL YEAR - MONTH	PROVINCIAL CHAMPIONSHIP	BIDS ACCEPTED FROM
2012/2013 – March 2013	Mixed Curling	Any school in the province



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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, 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



Saskatchewan
Credit Unions



THE SHSAA BOUTIQUE

is hosted by
SPORTLOGO

JUST VOLLEYBALL



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Coaches Card

Every two years the SHSAA issues a new version of the Coaches Card. The newest version (2011-2013) 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, 2013). 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.

COMFORT - QUALITY INNS

Cardholders Use Only: A special SHSAA Coaches Card rate of:

\$99.00 at Comfort Inn in Saskatoon (2155 Northridge Drive, Saskatoon S7L 6X6).

\$87.00 at Comfort Inns located in Prince Albert (3863 2nd Avenue West, Prince Albert S6W 1A1).

\$92.00 at Comfort Inn located in Swift Current (1510 South Service Road, Swift Current S9H 3X6).

\$92.00 at Regina Comfort Inn (3221 E. Eastgate Drive, Regina S4Z 1A4).

\$99.00 at Regina Quality Hotel (1717 Victoria Avenue, Regina S4P 0P9)

\$120.00 at Moose Jaw Comfort Inn (155 Thatcher Drive, Moose Jaw S6J 1M1).

Note: *Team rates are to be negotiated with each property.

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. 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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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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“Preseason Meeting – Suggestions for Coaches”

By Chris Stankovich, Ph. D.
Coaches Quarterly, Spring 2010

The preseason meeting is one of the most important – yet often devalued and/or overlooked – opportunities for getting the season off to a great start. Preseason meetings can be a terrific way to introduce yourself, talk about your coaching philosophies, discuss team philosophies and rules, and answer any questions parents or students may have about the upcoming season.

Coaches who take time out to conduct a preseason meeting often find that it is well worth their time to do so. This meeting can lead to many great things, including the development of positive interpersonal relationships with parents and student-athletes, early excitement for the upcoming season, and the foundation from which to build a winning program.

Unfortunately, not all coaches think preseason meetings are worthwhile, and some elect not to have one. In other situations, coaches feel pressured by their athletic director to have a preseason meeting and end up whipping something together at the last minute (and go into the meeting ill-prepared and with a negative attitude). In both of these examples, a golden opportunity is missed, as many potential problems that could have been addressed will likely carry into the season – when they could have been taken care of at the meeting.

Preseason meetings can make all the difference when it comes to commonly expected problems in interscholastic sports, including playing time, cuts, funding issues, schedule conflicts, and appropriate protocols for communication and conflict resolution. With a responsibly run preseason meeting, you can expect far fewer issues to arise with the aforementioned problems; without a preseason meeting (or one that was quickly put together with not much forethought) you can bet you will experience more problems throughout the season. The bottom line is that preseason meetings, when structured and run responsibly, help everyone and lead to a successful program.

Ten tips to consider for your preseason meeting:

1. If you have never conducted a preseason meeting, or if you held one in the past that didn't go as well, stay positive and keep in mind the importance of such a meeting. While there is no right or wrong way to conduct one, think of the most important four or five things you want to have happen and then work backwards from those objectives. For example, if a parent wants to communicate with you, how should he or she do so? Do you prefer calls to your office or cell phone? Or do you prefer email? Some additional topics you may want to discuss might include your philosophy on playing time, your expectations for fan behaviour and guidelines around team fund-raising.
2. Develop handouts for everything you cover at the preseason meeting (never assume attendees will remember everything you say). If you have a team Web site, be sure to upload any forms and handouts distributed at the preseason meeting so that people who could not attend the meeting can stay up to date on team news.



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3. Keep the mood upbeat and positive and never punitive. When parents arrive at the meeting your attitude and mood will set the tempo and will make all the difference – not only in the meeting, but in the entire season as well. On the other hand, if it's obvious you are being forced to have the meeting you can reasonably expect your audience will pick up on this, likely resulting in a negative overall experience for everyone.
4. A well-run preseason meeting should be succinct and take no more than an hour.
5. Try to include food (some local vendors might be willing to help out and offer free food in exchange for advertising), and invite a former student-athlete, if one is available, to say a few words to the group. People always enjoy going to meetings where food is available, and having a guest speaker say a few words can be a nice break in the evening.
6. Always allow time for questions, and be respectful toward all of them, even the ones that you think should be common sense.
7. It's also a nice touch to talk a little about yourself, your previous athletic experiences, and how you arrived to be a coach at the school.
8. Review your performance evaluations rubric so that everyone knows the kinds of things you evaluate when deciding on cuts (if you have to make them) and playing time. Rather than stating a general comment like "The best students will play," try to offer more insightful comments that allow attendees to be clear about what you value as a coach, i.e., "I really look for students who emphasize defence".
9. Other important topics to discuss may include how volunteers can help the program, healthy training methods, and any additional costs that parents may incur.
10. Talk with your assistant coaches about any other things that they feel are important to be covered during the meeting, and consider giving them a chance to speak during the meeting as well. If nothing else, your assistants can briefly tell about their previous experiences as a player and coach, and what they would like to accomplish for the upcoming season.

Preseason meetings should be a great experience for everyone, so think about the tips provided in this article and look for creative ways to get everyone excited about the upcoming season. Your preparation, organization and positive attitude at the preseason meeting will be the first step toward a successful season.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2011 PROVINCIAL GOLF

1. ENTRIES: Provincial entry forms will be sent 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. Entries to the provincial tournament must be submitted to the commissioner and the SHSAA office on or before September 19th.

Note: If the district's top 3 male and top 3 female finishers, *excluding ties*, are not included on the girls and boys team (grass) or school team (sand) they may also be entered in the provincial tournament and compete as individuals only.

2. ELIGIBILITY: Student athlete eligibility forms (Form E-5) for golf are due on, or before **September 7th**.

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. GRASS: The boys' team may be made up of three members to a maximum of four. In the boys' team competition, the total of the three best scores recorded by the team on each hole will determine team scoring. *The girls' team may be made up of two members to a maximum of four. In the girls' team competition, the total of the two best scores recorded by the team on each hole will determine team scoring.*

SAND: School teams may consist of up to six members with a maximum of four members of either sex. The total of the four best scores recorded by the team on each hole will determine team scoring. At least one of the scores must be that of either gender.

5. PLAYOFFS: In the event of ties for second place there will be no playoff held. Individuals or teams will be awarded silver medals and the bronze medals are not awarded. In the event of ties for third place no playoff will be held. Individuals or teams 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: Golf Kenossee located in Moose Mountain Provincial Park

DATES: Friday & Saturday September 23 & 24

COMMISSIONER: Trent W. Johnson

Phone: 453-2550 Fax: 453-2283

Nathan Johnson

Phone: 634-4761 Fax: 634-5530

ACCOMMODATIONS: [SHSAA website - Grass Golf Accommodations](#)

AGENDA:

Thursday: Practice times (\$20 for students) arranged through pro shop (577-4422).

Friday: Registration and warm-up beginning at 8:00am. Coaches' meeting held at 9:45am. Coaches will be assigned as 'competition facilitators'. Competitors meeting and Opening Ceremonies start at 10:15am. Shotgun start at 11:00am

Saturday: Shotgun start at 10:00am

MISCELLANEOUS: Coaches, supervisors, and athletes will be provided lunch on Friday and Saturday as well as supper on Friday and breakfast on Saturday.

SAND GOLF

PROVINCIAL SITE: Bengough Golf Club located in the Bengough Regional Park

DATES: Friday & Saturday September 23 & 24

COMMISSIONER: Tanya Frisk-Welburn

Terry Rettman

Phone: 268-2172 Fax: 268-2811

ACCOMMODATIONS: Big Muddy Inn; 268-2175
Schwab's B&B; 267-4554

Other communities in close proximity: Ogema, Avonlea, Coronach, and Assiniboia

AGENDA:

Thursday: Practice times will be on a first come-first served basis.

Friday: Players and coaches meeting will take place at 10:15am followed by a brief opening ceremony at 10:30am. Shotgun start scheduled for 11:00am.

Saturday: Shotgun start at 10:00am.

MISCELLANEOUS: The Regional Park is located at the south end of Main Street in Bengough. A banquet for players and coaches will be held Friday at the Bengough School Gymnasium starting at 5:30pm. There will also be a pancake breakfast at the clubhouse on Saturday starting at 8:00am.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2011 PROVINCIAL CROSS-COUNTRY

PROVINCIAL SITE:

Lucien Lake Regional Park
Middle Lake, Saskatchewan

COMMISSIONER:

Trevor Otsig
Three Lakes School
Middle Lake, SK

DATE:

Saturday, October 15

PHONE: 367-2122

FAX: 367-2443

1. ENTRIES:

Senior – 16 and over as of August 31st 2011.

Junior – under 16 as of August 31st 2011.

Midget – under 15 as of August 31st 2011.

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** (Trevor Otsig – trevor.otsig@hzsd.ca) and the **SHSAA office** (l.mckellar@shsaa.ca) on or before **OCTOBER 11th**. 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 4:00p.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 7th**. 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 the SHSAA handbook for competitive details, refer to Cross Country in the Activities section. Check the handbook for starting procedure.

4. ACCOMMODATION:

[SHSAA website - Cross Country Accommodations](#)

Please make your reservations as early as possible.

5. LOCAL DETAILS:

All local details will be provided to each district commissioner, who will be responsible for informing district coaches. Lucien Regional Park is located approximately 800m from Three Lakes School.

6. COMPETITION:

Order of races:

Midget Girls	3000 m - 1:00p.m.
Midget Boys	4000 m - 1:15p.m.
Junior Girls	4000 m - 1:35p.m.
Junior Boys	5000 m - 1:55p.m.
Senior Girls	4000 m - 2:20p.m.
Senior Boys	6000 m - 2:40p.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 – 11:00a.m. at Three Lakes School.

Course familiarization walk will be held at 11:15a.m.

Coaches Meeting 12:15p.m.

School team champions will be declared in 4 classifications based on the combined male and female student population as per SHSAA classification rules:

- 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

All final results will be posted on the SHSAA web site after the meet.

Awards Presentation: Presentations will be held at Three Lakes School following the Senior Boys race and tabulation of final results. 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



2011 PROVINCIAL SOCCER

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 7th**. Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca). **Those schools wishing to play 7v7 must notify the SHSAA office by September 9th.**

REGIONAL CHAMPIONSHIPS – playoffs will take place on October 21st and 22nd.

The tentative regions for soccer are listed below and posted on the website. The lists 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. After September 30th enrolment declarations, 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 14th.** [Soccer Seeding Form E-16](#)

In 7v7, 1A, and 2A classifications there will be 2 or 4 regional tournaments depending on the number of entries into the playoffs. If there are more than 15 entries then four regional tournaments will be created each advancing two teams to an eight team provincial championship. If 15 or fewer teams are entered in the playoffs then there will be two regional tournaments created each advancing two teams to a four team provincial championship. In each instance the region with the team hosting the provincial championship will only advance one team in addition to the provincial host.

In the 3A classification each of the four regions will advance two teams to an eight team provincial championship. Regina and Saskatoon will advance teams from their league playoffs while Region A and D will advance teams from a seeded tournament of the teams listed. In each instance the region with the team hosting the provincial championship will only advance one team in addition to the provincial host.

PROVINCIAL CHAMPIONSHIPS – playoffs will take place on October 28th and 29th.

The host location for the 7v7 provincial championships will be determined by the Executive at meetings scheduled for September 11 – 12, 2011. Any schools interested in hosting the championships should provide a written bid to the SHSAA office by September 9th.

The draw template and schedule for regional and provincial competitions can be found on the SHSAA web site and are subject to change. Remember that the [SHSAA website](#) is your most current source of information.

Provincial tournament host:

1A Boys – Chief Poundmaker School
Commissioner: Gordon Pepple 398-4966

2A Boys – Yorkton Sacred Heart School
Commissioner: Melissa Moen 783-3128

3A Boys – Saskatoon
Commissioner: Brad Smith 683-8249

1A Girls – Lake Lenore School
Commissioner: Ralph Viczko 368-2333

2A Girls – Regina
Commissioner: Chuck Toth 523-3461

3A Girls – Prince Albert Carlton Comprehensive
Commissioner: Val Zbaraschuk/Karen Grassick
922-3115

ACCOMMODATIONS: Check [SHSAA website - Accommodations](#) to view room blocks reserved for these championships.

SEEDING FORMS: Available at [SHSAA website - Soccer Seeding Form E-16](#).



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2011 PROVINCIAL FOOTBALL CHAMPIONSHIPS

ELIGIBILITY: Student athlete eligibility forms (E - 5) must be filed in the SHSAA office on or before **September 7th**. 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 schedule for each provincial championship is listed on the web site and is subject to change.

FOOTBALL CONFERENCES 2011

	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
1A Six-Man (1 – 46)	Ituna – HC	Kerrobert – BW	Central Butte – SC	Canora – EC
	Raymore – HC	Macklin – BW	Gull Lake – SW	Wakaw – HC
	Kelliher – QV	Eatonia – WC	Davidson – WC	Meath Park – NC
	Lemberg – QV	Eston – WC	Elrose – WC	Carrot River – NE
	Milestone – QV	Plenty – WC	Loreburn – WC	Porcupine Plain – NE
	Southey – QV		LCBI – WC	
2A Six-Man (47 – 85)	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
	Preeceville – EC	Hafford – BW	Hanley – CV	Aberdeen – CV
	Lanigan – HC	Spiritwood – BW	Watrous – HC	Hague – CV
	Watson – HC	Wilkie – BW	Caronport – SC	Rosthern – CV
	Wynyard – HC	Big River – NC	Outlook – WC	Birch Hills – NC
	Hudson Bay – NE	Shellbrook – NC	Rosetown – WC	PACI – NC
	Broadview – QV	Biggar – WC		
Nine-Man (86 – 250)	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
	Clavet – CV	Fort Qu'Appelle – QV	Esterhazy – EC	NB John Paul II – BW
	Warman – CV	Indian Head – QV	Kamsack – EC	Unity – BW
	Humboldt – HC	Lumsden – QV	Melville – EC	Delisle – CV
	Melfort – NE	Assiniboia – SC	Sacred Heart – EC	Martensville – CV
	Nipawin – NE	Maple Creek – SW	Foam Lake – HC	Meadow Lake – NW
	Tisdale – NE	Shaunavon – SW	Swan River	Kindersley – WC
3A 12 Man (251 – 325)	SASKATOON	REGINA	MOOSE JAW	
	North Battleford – BW	Yorkton Regional – EC	MJ Central – SC	
	Bedford Road – ST	Notre Dame – QV	MJ Peacock – SC	
	Bishop Mahoney – ST	Johnson – RG	MJ Vanier – SC	
	Evan Hardy – ST	Luther – RG	Estevan – SE	
	Marion Graham – ST	Martin – RG	Swift Current – SW	
	Mount Royal – ST	Miller – RG		
	O'Neill – RG			
	Weyburn – SE			
4A 12 Man (> 325)	SASKATOON	REGINA		
	PA Carlton – NC	Balgonie – QV		
	PA St. Mary – NC	Balfour – RG		
	Aden Bowman – ST	Campbell – RG		
	Bethlehem – ST	LeBoldus – RG		
	Centennial – ST	Riffel – RG		
	Holy Cross – ST	Sheldon Williams – RG		
	St. Joseph – ST	Thom – RG		
	Tommy Douglas – ST	Winston Knoll – RG		
	Walter Murray – ST			



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2011 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

This information will include all preliminary material that teams 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 and/or regional champions and runners-up immediately following the 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 28th**. Include results of all matches played up to that date. [SHSAA website - Volleyball Seeding Form E-16](#)
- All provincial tournaments (1A – 5A) will follow the ten-team 2 pools – 2 courts schedule 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, Regina Inn and Quality Hotels. Check the Accommodations link on our webpage [SHSAA website - Accommodations](#).
- **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 divided into conferences. Each conference playoff will determine representatives advancing to the regional competition. Regions with **seven or fewer teams** will advance directly to a regional playoff with no conference playoff conducted. Regions with **eight to ten teams** will be divided into two conference tournaments each advancing three teams to the regional tournament. 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. 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 – 4A classifications, conference playoff for girls will be held on or before November 5th. Conference playoffs for boys will be held on or before November 12th. 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

Conferences will advance two or three teams as noted above 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 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 11 & 12, 2011
	1A, 2A, 3A, 4A Girls	November 11 & 12, 2011
	1A, 2A, 3A, 4A Boys	November 18 & 19, 2011

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 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	Qu'Appelle Valley	South Central	Battle West	East Central
2A Boys	South East	South West	Battle West	Horizon Central
3A Boys	Qu'Appelle Valley	Saskatoon	Battle West	North East
4A Boys	Qu'Appelle Valley	South West	North West	North East
5A Boys	Yorkton Regional		Melfort	
1A Girls	South East	South Central	Saskatoon	East Central
2A Girls	Horizon Central	South Central	Battle West	Central Valley
3A Girls	East Central	West Central	Battle West	North East
4A Girls	South East	West Central	North West	Horizon Central
5A Girls	Moose Jaw Peacock		Prince Albert Carlton	

PROVINCIAL CHAMPIONSHIPS

1A – 4A: The top two teams in each regional will qualify for the provincial championship. The provincial final tournament will consist of 10 teams. The field of teams will include the host team and a third team from a designated region.

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 in addition to the host team.

Information on each provincial championship event is listed below.

PROVINCIAL DATES:	5A Boys and Girls	November 18 and 19, 2011
	1A, 2A, 3A, 4A Girls	November 18 and 19, 2011
	1A, 2A, 3A, 4A Boys	November 25 and 26, 2011

REMEMBER SEND IN YOUR SEEDING FORM BY OCTOBER 28th

[SHSAA website - Volleyball Seeding Form E-16](#)



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2011 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

"5A" GIRLS

Host School: Moose Jaw Peacock
Commissioner: Lorne Polupski / Larry Segall
Phone: 693-4626 / 691-1354
Fax: 692-5330 / 694-4686
Team Entry: 10 Teams. The **host school**, **Three** representatives from the north and **Two** representatives from the south regional, **Two** teams from each of Regina and Saskatoon.

"4A" GIRLS

Host School: Rosetown Central High School
Commissioner: Kevin Gawletz
Phone: 882-2655
Fax: 882-3889
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 Gold Medallist (Humboldt).

"3A" GIRLS

Host School: Paradise Hill School
Commissioner: Rob Stewart
Phone: 344-2055
Fax: 344-2100
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 highest ranking non-medallist (Langenburg) as all other 2010 medallist and higher ranked teams have changed classification or are in the host region.

"2A" GIRLS

Host School: Hepburn School
Commissioner: Ruth Smith
Phone: 947-2077
Fax: 947-2828
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 highest ranking non-medallist (Manor) as all other 2010 medallist and higher ranked teams have changed classification or are in the host region.

"1A" GIRLS

Host School: Midale Central School
Commissioner: Joanne Lee
Phone: 458-2480
Fax: 458-2377
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 Gold Medallist (Loreburn).

"5A" BOYS

Host School: Prince Albert Carlton Comprehensive
Commissioner: Tim Strom
Phone: 922-3115
Fax: 764-1770
Team Entry: 10 Teams. The **host school**, **Three** representatives from the south and **Two** representatives from the north regional, **Two** teams from each of Regina and Saskatoon.

"4A" BOYS

Host School: McLurg High School – Wilkie
Commissioner: Skye Braun
Phone: 843-2288
Fax: 843-2664
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 Gold Medallist (Lumsden).

"3A" BOYS

Host School: Carnduff Education Complex
Commissioner: Jessica Morland
Phone: 482-3491
Fax: 482-5168
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 Gold Medallist (Wakaw).

"2A" BOYS

Host School: Muenster School
Commissioner: Joel Taphorn
Phone: 682-4538
Fax: 682-3972
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 highest ranking non-medallist (Maymont) as all other 2010 medallists have changed classification.

"1A" BOYS

Host School: Broadview School
Commissioner: Chris Chudyk
Phone: 696-2727
Fax: 696-3592
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2010 Silver Medallist (Kincaid) as the Gold Medallist (Mossbank) is in the host region.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



VOLLEYBALL CONFERENCES – BOYS

1A BOYS (1-20)	HOST SC	SOUTH REGION-QV	HOST SW	WEST REGION-SC	HOST BW	NORTH REGION-BW	HOST EC	EAST REGION-EC
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Rockglen – SC		Consul – SW		Leoville – BW		Invermay – EC
		Gladmar – SE		Fox Valley – SW		Ch. Poundmaker – BW		Churchbridge – EC
		Ogema – SE		Frontier – SW		Hafford – BW		Sturgis – EC
	HOST HC	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2
		Holdfast – HC	Chaplin – SC	Allan – CV	Annaheim – HC			
		Avonlea – SC	Kincaid – SC	Borden – CV	Bellevue – HC			
		Rouleau – SC	Ponteix – SW	Perdue – CV	Englefeld – HC			
		Mossbank – SC	Vanguard – SW	Landis – WC	Reindeer Lake – NC			
	HOST SE	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3
		Broadview – QV	Craik – SC	Glaslyn – NW	Arborfield – NE			
		Bellegarde – SE	Beechy – WC	Goodsoil – NW	Gronlid – NE			
Fillmore – SE		Elrose – WC	Loon Lake – NW	Star City – NE				
Manor – SE		Kenaston – WC	St. Walburg – NW	Zenon Park – NE				
2A BOYS (21-30)	HOST QV	SOUTH REGION-SE	HOST SW	WEST REGION-SW	HOST BW	NORTH REGION-BW	HOST NC	EAST REGION-HC
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Cupar – QV		Cabri – SW		Luseland – BW		Cst. R. Cameron – CV
		Kahkewistahaw – QV		Herbert – SW		Maymont – BW		Hepburn – CV
		Milestone – QV		Leader – SW		Pelican Lake – BW		Waldheim – CV
	Wolseley – QV	Eston – WC	Edam – NW	Canwood – NC				
			Paradise Hill – NW	Debden – NC				
	HOST SE	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2
		Arcola – SE	Coronach – SC	Buffalo River – NW	Muenster – HC			
		Radville – SE	Eyeblow – SC	Canoe Lake – NW	St. Brieux – HC			
		Stoughton – SE	Glentworth – SC	Pierceland – NW	St. Louis – NC			
		Wawota – SE	Davidson – WC	Waweyekisik – NW	Choiceland – NE			
	Whitebear – SE			JW Head – NE				
3A BOYS (31-50)	HOST QV	SOUTH REGION-QV	HOST ST	WEST REGION-ST	HOST NW	NORTH REGION-BW	HOST NE	EAST REGION-NE
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Langenburg – EC		Asquith – CV		Birch Narrows – NW		Preeceville – EC
		Grenfell – QV		RJC – CV		Hillmond – NW		Kelvington – HC
		Montmartre – QV		Wakaw – HC		Makwa – NW		Carrot River – NE
	Nakoda Oyade – QV	ST Christian – ST	Minahik – NW	Naicam – NE				
	Vibank – QV		Thunderchild – NW					
	HOST SE	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2
		Carnduff – SE	Strasbourg – HC	Cut Knife – BW	Keethanow – NC			
		Midale – SE	W. Christian – RG	Lashburn – NW	Kinistino – NC			
		Redvers – SE	Gravelbourg – SC	Maidstone – NW	Sen. Alan Bird – NC			
		Rocanville – SE	LCBI – WC	Neilburg – NW	Bernard Constant – NE			

Please remember the conferences and regions listed above are *tentative*.
The groupings may be revised following September 7th eligibility deadline for volleyball and they will be finalized following the September 30th enrolment declarations.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



VOLLEYBALL CONFERENCES - BOYS

4A BOYS (51-150)	SOUTH REGION-QV	WEST REGION-SW	NORTH REGION-NW	EAST REGION-NE
	Melville – EC	Dalmeny – CV	Spiritwood – BW	Humboldt – HC
	Sacred Heart – EC	Lanigan – HC	Unity – BW	Birch Hills – NC
	Wadena – HC	Lumsden – QV	Wilkie – BW	Churchill – NC
	Balcarres – QV	Assiniboia – SC	Sturgeon Lake – NC	Sen. Myles Venne – NC
	Fort Qu' Appelle – QV	Caronport – SC	Eagleview – NW	Creighton – NE
	Indian Head – QV	MJ Riverview - SC	La Loche – NW	Hudson Bay – NE
	Oxbow – SE	Shaunavon – SW	Rossignol – NW	Nipawin – NE
5A BOYS (>150)	SOUTH REGIONAL-TBA	REGINA	SASKATOON	NORTH REGIONAL-TBA
	Yorkton Regional – EC	Balfour	Aden Bowman	John Paul II – BW
	MJ Central – SC	Campbell	Bethlehem	N. Battleford Comp. – BW
	MJ Peacock – SC	Johnson	Bishop Mahoney	PA Carlton – NC
	MJ Vanier – SC	LeBoldus	Centennial	PA St. Mary – NC
	Estevan – SE	O'Neill	Evan Hardy	Melfort – NE
	Weyburn – SE	Thom	Holy Cross	Meadow Lake – NW
	Swift Current – SW	Winston Knoll	Marion Graham	
			St. Joseph	
			Tommy Douglas	
			Walter Murray	

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VOLLEYBALL CONFERENCES – GIRLS

1A GIRLS (1-20)	HOST RG	SOUTH REGION-SE	HOST WC	WEST REGION-SC	HOST ST	NORTH REGION-ST	HOST NC	EAST REGION-EC
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Harvest City – RG		Consul – SW		Colonsay – CV		St. Louis – NC
		Avonlea – SC		Eastend – SW		Perdue – CV		Arborfield – NE
		College Mathieu – SC		Fox Valley – SW		Vonda – CV		Bjorkdale – NE
		Mortlach – SC		Eatonia – WC		CCA – ST		Chocicland – NE
	Mossbank – SC	Kyle – WC	Landis – WC	Gronlid – NE				
	Rouleau – SC	Marengo – WC	Plenty – WC	Zenon Park – NE				
	HOST QV	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2			
		Broadview – QV	Glentworth – SC	Canoe Lake – NW	Churchbridge – EC			
		Cowessess – QV	Kincaid – SC	Edam – NW	Invermay – EC			
		Montmartre – QV	Lafleche – SC	Glaslyn – NW	Sturgis – EC			
		Bellegarde – SE	Mankota – SC	Goodsoil – NW	Holdfast – HC			
		Maryfield – SE	Hodgeville – SW	Hillmond – NW	Lemberg – QV			
	Whitebear – SE	Vanguard – SW	Patuanak – NW	Lipton – QV				
	HOST SE	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3			
Fillmore – SE		Eyebrow – SC	Hafford – BW	Bellevue – HC				
Gladmar – SE		Central Butte – SC	Maymont – BW	Englefeld – HC				
Lampman – SE		Craik – SC	Medstead – BW	Leroy – HC				
Midale – SE		Kenaston – WC	Borden – CV	Nokomis – HC				
Yellow Grass – SE		Loreburn – WC	Canwood – NC	Quill Lake – HC				
		Debden – NC	Viscount – HC					
2A GIRLS (21-30)	HOST SE	SOUTH REGION-HC	HOST SC	WEST REGION-SC	HOST NW	NORTH REGION-BW	HOST CV	EAST REGION-CV
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Arcola – SE		Bengough – SC		Buffalo River – NW		Blaine Lake – CV
		Manor – SE		Gravelbourg – SC		Chief Napew – NW		Cst. R. Cameron – CV
		Redvers – SE		Rockglen – SC		Pierceland – NW		Hepburn – CV
		Stoughton – SE		Frontier – SW		Waweyekisik – NW		RJC – CV
		Gull Lake – SW						
	HOST HC	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2			
		Ituna – HC	Cabri – SW	Leoville – BW	Allan – CV			
		Cupar – QV	Herbert – SW	Loon Lake – NW	Bruno – HC			
		Kahkewistahaw – QV	Leader – SW	St. Walburg – NW	Cudworth – HC			
		Nakoda Oyade – QV	Beechy – WC	Thunderchild – NW	Ecole Canadienne – ST			
			Elrose – WC					
	HOST EC	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3			
		Preeceville – EC	Milestone – QV	Kerrobert – BW	Almighty Voice – HC			
		Foam Lake – HC	West. Christian – RG	Luseland – BW	Muenster – HC			
Raymore – HC		Pangman – SE	Neilburg – NW	Watson – HC				
Rose Valley – HC		Radville – SE	Turtleford – NW	Kinistino – NC				

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VOLLEYBALL CONFERENCES – GIRLS

3A GIRLS (31-50)	HOST SE	SOUTH REGION-EC	HOST ST	WEST REGION-WC	HOST BW	NORTH REGION-BW	HOST NC	EAST REGION-NE
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Vibank – QV		Aberdeen – CV		Cut Knife – BW		Meath Park – NC
		Wolseley – QV		Asquith – CV		Lashburn – NW		Reindeer Lake – NC
		Carlyle – SE		Hanley – CV		Makwa – NW		Sandy Bay – NC
	Coronach – SC	ST Christian – ST	Paradise Hill – NW	Sen. Allen Bird – NC				
	HOST EC	CONFERENCE 2	HOST CV	CONFERENCE 2	HOST NC	CONFERENCE 2	HOST NE	CONFERENCE 2
		Canora – EC		Langham – CV		Leask – CV		Carrot River – NE
		Norquay – EC		Macklin – BW		Rosthern – CV		Creighton – NE
		Strasbourg – HC		Unity – BW		Stobart – CV		Hudson Bay – NE
		Kelliher – QV		Wilkie – BW		Waldheim – CV		John W. Head – NE
	Southey – QV		Shellbrook – NC	Porcupine Plain – NE				
	HOST QV	CONFERENCE 3	HOST HC	CONFERENCE 3	HOST BW	CONFERENCE 3	HOST NE	CONFERENCE 3
		Langenburg – EC		Watrous – HC		Pelican Lake – BW		Kelvington – HC
		Grenfell – QV		Caronport – SC		Big River – NC		Wadena – HC
Whitewood – QV		Ponteix – SW		Rossignol – NW		Wakaw – HC		
Rocanville – SE		Davidson – WC		Beauval – NW		Naicam – NE		
	LCBI – WC							
4A GIRLS (51-150)	HOST EC	SOUTH REGION-SE	HOST QV	WEST REGION-WC	HOST NW	NORTH REGION-NW	HOST NC	EAST REGION-HC
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Kamsack – EC		Lumsden – QV		Eagleview – NW		Churchill – NC
		Sacred Heart – EC		Notre Dame – QV		La Loche – NW		Keethanow – NC
		Melville – EC		Luther – RG		Minahik – NW		Sen. Myles Venne – NC
	Fort Qu' Appelle – QV	RG Christian – RG						
	Indian Head – QV							
	HOST SE	CONFERENCE 2	HOST SW	CONFERENCE 2	HOST CV	CONFERENCE 2	HOST NE	CONFERENCE 2
		Esterhazy – EC		Assiniboia – SC		Clavet – CV		Birch Hills – NC
		Kipling – QV		MJ Riverview – SC		Dalmeny – CV		PACI – NC
		Carnduff – SE		Maple Creek – SW		Delisle – CV		Rivier – NC
		Moosomin – SE		Shaunavon – SW		Martensville – CV		Nipawin – NE
	Oxbow – SE							
	HOST WC	CONFERENCE 3	HOST WC	CONFERENCE 3	HOST BW	CONFERENCE 3	HOST HC	CONFERENCE 3
		Biggar – WC		Biggar – WC		Spiritwood – BW		Humboldt – HC
Kindersley – WC		Kindersley – WC		Hague – CV		Lanigan – HC		
Outlook – WC		Outlook – WC		Sturgeon Lake – NC		Wynyard – HC		
Rosetown – WC		Rosetown – WC		Maidstone – NW		Tisdale – NE		
5A GIRLS (>150)	SOUTH REGIONAL-TBA		REGINA		SASKATOON		NORTH REGIONAL-TBA	
	Yorkton Regional – EC		Balfour		Aden Bowman		John Paul II – BW	
	Balgonie – QV		Campbell		Bedford Road		N. Battleford Comp – BW	
	MJ Central – SC		Johnson		Bethlehem		Warman – CV	
	MJ Peacock – SC		LeBoldus		Bishop Mahoney		PA Carlton – NC	
	MJ Vanier – SC		Martin		Centennial		PA St. Mary – NC	
	Estevan – SE		Miller		Evan Hardy		Melfort – NE	
	Weyburn – SE		O'Neill		Holy Cross		Meadow Lake – NW	
	Swift Current – SW		Riffel		Marion Graham			
			Sheldon		St. Joseph			
	Thom	Tommy Douglas						
	Winston Knoll	Walter Murray						

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