

In the Spring Issue:

- Winter Championship Results
- Coaches' Corner
- NCCP Courses
- ...and More!

Vol. 10, No. 3 Spring 2003



Report

BC SCHOOL SPORTS



2002-2003 BC SCHOOL SPORTS Provincial Boys' Curling Champions:
Mount Douglas Secondary, Victoria



2002-2003 BC SCHOOL SPORTS Provincial Girls' Curling Champions:
Elkford Secondary

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F.Y.I.



BC SCHOOL SPORTS OFFICE HAS MOVED

Please change all of your school records. The BCSS office moved on March 19th. The new address is:

100 - 4585 Canada Way,
Burnaby BC V5G 4L6

phone, fax and e-mail remain the same.

HOSTING NCCP THEORY COURSES AT YOUR SCHOOL

ATTENTION COACHES:

NCCP Level One Theory Course (9 hours for teachers),
or
NCCP Level One Theory Course (14 hours for non-teachers),
or
NCCP Level Two Theory Course (20 hours), can be offered in your area.

BC SCHOOL SPORTS will promote NCCP Theory courses, manage the registration process and arrange for and pay a course conductor for courses hosted at BCSS Member Schools or by School Districts in BC.

When? June 2003 and last week of August 2003
or during the 2003-2004 school year

How? Contact Barry Kingsley (BCSS Coaching Development Contractor) at 250-769-5651, fax 250-769-5657 or e-mail barrywkingsley@hotmail.com.

Minimum Numbers? This will depend on the course level and location, but courses in outlying areas with as few as 5 or 6 people can be offered. We require a school classroom, overhead, TV/VCR and access to a gym, and will offer a limited number of free registrations to the host school.

NBA CANADA SPORTSMANSHIP AWARDS

The 2003 NBA Canada Sportsmanship Awards for BC schools are being presented to

Sir Charles Tupper Sr. Boys Basketball Team
and

Stelly's Sr. Girls Basketball Team

The Sir Charles Tupper Sr Boys Basketball team finished 5th in the Vancouver East Division which is the highest finish ever for the team. They culminated a successful season by winning the William McBride Sportsmanship Award at the VSSAA City Championships. Coach Jeffrey Gourlay and Principal Jennifer Palmer concluded their nomination fittingly: "to prove to countless Tupper students that winning isn't everything - its how you play the game".

The Stelly's Sr Girls Basketball team had a difficult draw at the Girls AAA Championships, and finished 9th to win the consolation side of the schedule. Nominator Jeanine Stannard stated "the team played with class. They had a tough tournament and always played hard, and with integrity". Stelly's won the sportsmanship Award at the BCSS Girls AAA Basketball Championships.

Congratulations to both teams.



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BC SCHOOL SPORTS SCHOLARSHIPS

This is a reminder that the BCSS Scholarship applications are due at the BCSS Office on June 10th. Each member school can nominate one boy and one girl for the scholarship program. The \$1,500 Dave Gifford Memorial Scholarship is for students who have competed in at least two BCSS sports in their grade 12 year. A \$750 Scholarship is awarded in each of the 7 BCSS Designated Zones.

Scholarship information was sent to all schools in late February and can also be found on the BCSS web site.



BC SCHOOL SPORTS 2003 PROVINCIAL BADMINTON CHAMPIONSHIP RESULTS

Date: April 3-5, 2003

Location: Prince George

Coordinator: Patty Wadson, D.P. Todd Secondary

FINAL RESULTS

1. J.N. Burnett, *Richmond*
2. H.J. Cambie, *Richmond*
3. Maple Ridge
4. Dr. Charles Best, *Coquitlam*
5. Burnaby South
6. Vancouver College/Little Flower Academy
7. St. Michaels University, *Victoria*
8. Alberni District, *Port Alberni*
9. Kelowna
10. Gladstone, *Vancouver*
11. Prince of Wales, *Vancouver*
12. Handsworth, *North Vancouver*
13. Crawford Bay
14. Mount Douglas, *Victoria*
15. North Peace, *Fort St. John*
16. D.P. Todd, *Prince George*



2002-2003 BC SCHOOL SPORTS Provincial Badminton
Champions:

J.N. Burnett Secondary, *Richmond*

BC SCHOOL SPORTS 2003 PROVINCIAL BOYS A BASKETBALL CHAMPIONSHIP RESULTS

Date: March 5-8, 2003
Location: Chilliwack
Coordinator: Mike Mannes, *Highroad Academy*

FINAL RESULTS

1. St. Thomas Aquinas, *North Vancouver*
2. Princess Margaret, *Penticton*
3. Houston Christian
4. St. John Brebeuf, *Abbotsford*
5. Highroad Academy, *Chilliwack*
6. Ron Pettigrew Christian, *Dawson Creek*
7. Pacific Christian, *Victoria*
8. Mt. Sentinel, *South Slokan*
9. Glenlyon-Norfolk, *Victoria*
10. Similkameen, *Kaslo*
11. Elkford
12. Clearwater
13. Richmond Christian
14. Houston
15. Southridge, *Surrey*
16. Fort St. James

Most Sportsmanlike Team:

Ron Pettigrew Christian, *Dawson Creek*

1st Allstar Team:

Joey Muzzin, *St. Thomas Aquinas*
 Darryl Delege, *Houston Christian*
 Ryan Wierkes, *Highroad Academy*
 Ryan Graham, *Princess Margaret*

Honorable Mentions:

Derek Qualter, *Similkameen*
 Justin Lowey, *St. John Brebeuf*
 Ryan Holfeld, *Pacific Christian*

MVP:

Raj Dhillon, *Princess Margaret*

2nd Allstar Team:

Terry Seinen, *Houston Christian*
 Remy Wauthy, *St. John Brebeuf*
 Doug van Spronsen, *Ron Pettigrew*
 Kelvin Wierkes, *Highroad Academy*
 Anthony Kerr, *St. Thomas Aquinas*



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BC SCHOOL SPORTS 2003 PROVINCIAL BOYS AA BASKETBALL CHAMPIONSHIP RESULTS

Date: March 5-8, 2003
Location: Kamloops
Coordinator: Lyndsey Karpluk, *Brocklehurst Sec.*

FINAL RESULTS

1. Lambrick Park, *Victoria*
2. Ladysmith
3. Westsyde, *Kamloops*
4. College Heights, *Prince George*
5. St. Thomas More, *Burnaby*
6. W.L. Seaton, *Vernon*
7. David Thompson, *Invermere*
8. Holy Cross, *Surrey*
9. Steveston, *Richmond*
10. Cedar, *Nanaimo*
11. Quesnel
12. Mission
13. Sa-Hali, *Kamloops*
14. Prince Rupert
15. J.L. Crowe, *Trail*
16. Windsor, *North Vancouver*

Most Sportsmanlike Team:

Steveston, *Richmond*

MVP:

Grant Fedorak, *Lambrick Park*

Top Defensive Player:

Phil Cowley, *Ladysmith*

1st Allstar Team:

Grant Fedorak, *Lambrick Park*
 Mark Darbyshire, *Ladysmith*
 Corey Semeniuk, *Westsyde*
 Phil Cowley, *Ladysmith*
 Rajan Nirwan, *Lambrick Park*

2nd Allstar Team:

Calvin McCarty, *St. Thomas More*
 Carson Williams, *W.L. Seaton*
 David Armstrong, *Westsyde*
 Cody King, *College Heights*
 Mike Saunders, *Lambrick Park*

Honorable Mentions:

Willie Galick, *Cedar*
 Mark Tobin, *Quesnel*
 Matt Lebourdais, *David Thompson*
 Jaret Radford, *Ladysmith*
 Kevin Wilson, *Holy Cross*



2002-2003 BC SCHOOL SPORTS Provincial Boys AA Basketball Champions:
 Lambrick Park, *Victoria*

BC SCHOOL SPORTS 2003 PROVINCIAL BOYS AAA BASKETBALL CHAMPIONSHIP RESULTS

Date: March 11-15, 2003
Location: Vancouver - PNE Agrodome
Coordinator: John Buis

FINAL RESULTS

1. White Rock Christian, *Surrey*
2. Seaquam, *Delta*
3. Ballenas, *Parksville*
4. L.V. Rogers, *Nelson*
5. St. Michaels University, *Victoria*
6. Terry Fox, *Port Coquitlam*
7. Templeton, *Vancouver*
8. Alpha, *Burnaby*
9. Dover Bay, *Nanaimo*
- NR Caledonia, *Terrace*
 Fleetwood Park, *Surrey*
 Kitsilano, *Vancouver*
 M.E.I., *Abbotsford*
 NewWestminster
 Prince George
 Riverside, *Port Coquitlam*
 Salmon Arm
 St. George's, *Vancouver*
 W.J. Mouat, *Abbotsford*
 West Vancouver

MVP:

Donald Burton, *White Rock Christian*

Best Defensive Player

Brian Johal, *Seaquam*

1st Team All-Stars

Thi Duong, *Templeton*
 Justin Sorenson, *Ballenas*
 Donald Burton, *White Rock Christian*
 Kenny Kuo, *Seaquam*
 Tyrell Mara, *White Rock Christian*

2nd Team All-Stars

Evan Trickey, *Ballenas*
 Graeme McCallum, *Terry Fox*
 Sean Denison, *L.V. Rogers*
 Jordan Craig, *White Rock Christian*
 Ryan Johal, *Seaquam*

3rd Team All-Stars

Matt Rachar, *Alpha*
 Aram Yousefgeih, *Templeton*
 Ryan Willms, *St. Michaels University*
 Razil Ganelf, *Seaquam*
 Desi Collinson, *Alpha*

Most Sportsmanlike Team

NewWestminster

Most Inspirational

Ballenas, *Parksville*

School Spirit Award

Templeton, *Vancouver*

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS A BASKETBALL CHAMPIONSHIP RESULTS

Date: March 5-8, 2003
Location: Osoyoos
Coordinator: Steve Schulting, *Osoyoos Sec.*

FINAL RESULTS

1. Immaculata, *Kelowna*
2. Credo Christian, *Langley*
3. Bulkley Valley Christian, *Smithers*
4. Pacific Christian, *Victoria*
5. Osoyoos
6. Mt. Sentinel, *South Slokan*
7. Agassiz
8. Valemount
9. Princess Margaret, *Penticton*
10. Pemberton
11. Fort Nelson
12. J.V. Humphries, *Kalso*

MVP: Katie Woodman, *Immaculata*

Top Defensive Player

Luanne Vreugdenhil, *Credo Christian*

1st All-Star Team

Kyla Jones, *Immaculata*
 Jennifer Farinha, *Osoyoos*
 Luanne Vreugdenhil, *Credo Christian*
 Charlene Barendregt, *Bulkley Valley*
 Janina Veldman, *Credo Christian*

2nd All-Star Team

Jen Osborne, *Pacific Christian*
 Lindsey Niminiken, *Mt. Sentinel*
 Julianne Nusse, *Valemount*
 Tanya Hofsink, *Bulkley Valley*
 Carmen Reems, *Pacific Christian*
 Kim Whelpton, *Agassiz*



2002-2003 BC SCHOOL SPORTS Provincial Girls AA Basketball Champions:
 York House School, *Vancouver*

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS AA BASKETBALL CHAMPIONSHIP RESULTS

Date: March 5-8, 2003
Location: Kamloops
Coordinator: Brian Peters, *Brocklehurst Sec.*

FINAL RESULTS

1. York House, *Vancouver*
2. Little Flower Academy, *Vancouver*
3. Westview, *Maple Ridge*
4. St. Thomas Aquinas, *North Vancouver*
5. J.L. Crowe, *Trail*
6. Valleyview, *Kamloops*
7. Westsyde, *Kamloops*
8. Duchess Park, *Prince George*
9. Robert A. McMath, *Richmond*
10. Clarence Fulton, *Vernon*
11. Archbishop Carney, *Port Coquitlam*
12. Lambrick Park, *Victoria*
13. Clayton Heights, *Surrey*
14. Kamloops
15. Prince Rupert
16. Ladysmith

Most Sportsmanlike Team:

Westview Wildcats, *Maple Ridge*

MVP: Lisa Tindle, *York House*

All Tournament Allstars:

Casey Rollins, *York House*
 Robyn Wilson, *York House*
 Caroline Cannon, *Little Flower Academy*
 Bridget O'Brien, *Little Flower Academy*
 Leah Garrigus, *Westview*
 Carlee Babcock, *Westview*
 Nicky Connell, *J.L. Crowe*
 Breanne Watson, *Robert A McMath*
 Michelle Lowey, *Westsyde*
 Juliana Ramza, *St. Thomas Aquinas*

Honorable Mentions:

Mya Chieduch, *Valleyview*
 Christina Lee,
St. Thomas Aquinas
 Liz Cordonier,
Little Flower Academy

Outstanding Defensive Player:

Leah Garrigus, *Westview*

BC SCHOOL SPORTS 2003 PROVINCIAL CURLING CHAMPIONSHIP RESULTS

Date: March 5-8, 2003
Location: Chilliwack, Hope
Coordinator: Rosalee Floyd, Hope Sec.

BOYS' FINAL RESULTS

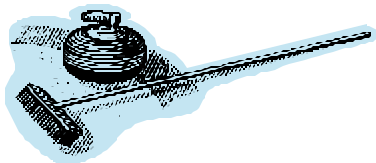
1. Mount Douglas, *Victoria* (Pictured on cover)
2. Mackenzie
3. Salmon Arm
4. Mount Baker, *Cranbrook*
5. Hope
6. Semiahmoo, *Surrey*
7. West Vancouver
8. Smithers

Most Sportsmanlike Team:
Hope

GIRLS' FINAL RESULTS

1. Elkford (Pictured on cover)
2. Charles Bloom, *Lumby*
3. Smithers
4. Walnut Grove, *Langley*
5. Carson Graham, *North Vancouver*
6. Duchess Park, *Prince George*
7. J.N. Burnett, *Richmond*
8. Mount Douglas, *Victoria*

Most Sportsmanlike Team:
Mount Douglas



BC SCHOOL SPORTS 2003 PROVINCIAL GYMNASTICS CHAMPIONSHIP RESULTS

Date: March 6-8, 2003
Location: North Vancouver
Coordinator: Mike Schemmer, *Seycove Community School*

TEAM AGGREGATE:

1. Seycove, *North Vancouver*
2. South Delta
3. Windsor, *North Vancouver*

BOYS

LEVEL 1

1. Prince Charles, *Creston*
2. Lambrick Park, *Victoria*
3. Carson Graham, *North Vancouver*

LEVEL 2

1. North Island, *Port McNeill*
2. Lambrick Park, *Victoria*
3. Seycove, *North Vancouver*

LEVEL 3

1. Delta
2. Windsor, *North Vancouver*
3. Seycove, *North Vancouver*

LEVEL 4

1. Seycove, *North Vancouver*
2. South Delta
3. Stanley Humphries, *Castlegar*

LEVEL 5

1. Delta
2. South Delta

BOYS ALL AROUND

Level 1:

1. James King, *North Island*
2. Kengo Watai, *Lambrick Park*
3. Mike Smith, *Prince Charles*

Level 2:

1. Romel Canlas, *North Island*
2. Mike Marshall, *Lambrick Park*
3. Lincoln Garries, *Seycove*

Level 3:

1. Jordan Flaman, *Delta*
2. R.D. Nasir, *Windsor*
3. Ryan Sunstrum, *Seycove*

Level 4:

1. Scott Morgan, *Seycove*
2. Eric Sheremeta, *South Delta*
3. Jesse Schmidh, *Stanley Humphries*

Level 5:

1. Kosta Dias, *Delta*
2. Kirk Salary, *Delta*
3. Chris Sheremeta, *South Delta*

GIRLS

LEVEL 1

1. Windsor, *North Vancouver*
2. South Delta
3. North Island, *Port McNeill*

LEVEL 2

1. Aspen Park, *Comox*
2. Centennial, *Coquitlam*
3. South Delta

LEVEL 3

1. Kitsilano, *Vancouver*
2. Oceanview, *Powell River*
3. Prince of Wales, *Vancouver*

LEVEL 4

1. Rossland
2. Oceanview, *Powell River*
3. J.L. Crowe, *Trail*

LEVEL 5

1. Seycove, *North Vancouver*
2. Handsworth, *North Vancouver*
3. South Delta

GIRLS ALL AROUND

Level 1:

1. Nicola Kirk, *Windsor*
2. Lexi Kaltenegger, *South Delta*
3. Kristi Ewanowich, *Terry Fox*

Level 2:

1. Brittany Allen, *Aspen Park*
2. Pascale Boulay, *Aspen Park*
3. Justina Mang, *Centennial*

Level 3:

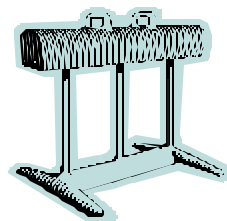
1. Kathleen Aldridge, *Delta*
2. Kaleena Johnston, *Oceanview*
3. Madeline Doherty, *Delta*

Level 4:

1. Meghan Portz, *Rossland*
2. Courtney Craigen, *Oceanview*
3. Becky Ferguson, *J.L. Crowe*

Level 5:

1. Aska Kitihara, *Seycove*
2. Jenny Bulmer, *Handsworth*
3. Courtney McKissock, *Magee*



BC SCHOOL SPORTS 2002 PROVINCIAL SKIING / SNOWBOARDING CHAMPIONSHIP RESULTS

Date: March 3-5, 2003
Location: PanoramaResport, Invermere
Coordinator: Joanne Bragg, David Thompson Secondary

BOYS FINAL RESULTS

ALPINE

David Thompson, <i>Invermere</i>	105
Fernie	105
Rossland	95
Selkirk, <i>Kimberley</i>	80
Prince George	73
St. George's, <i>Vancouver</i>	62
Seycove, <i>North Vancouver</i>	59
Golden	54
G.P. Vanier, <i>Courtenay</i>	48
Nechako Valley, <i>Vanderhoof</i>	43
Terry Fox, <i>Port Coquitlam</i>	38
Pemberton	28
Penticton	22
Gleneagle, <i>Coquitlam</i>	17



SNOWBOARDING

G.P. Vanier, <i>Courtenay</i>	57
David Thompson, <i>Invermere</i>	56
Rossland	48
Highland, <i>Comox</i>	44
Nechako Valley, <i>Vanderhoof</i>	43
Hatzic, <i>Mission</i>	40
Lakes District, <i>Burns Lake</i>	39
St. George's, <i>Vancouver</i>	38
Seycove, <i>North Vancouver</i>	25
Golden	20
MEI, <i>Abbotsford</i>	15
Sparwood	14
Prince George	11
Fernie	9

GIRLS FINAL RESULTS

ALPINE

Rossland	64
Seycove, <i>North Vancouver</i>	45
David Thompson, <i>Invermere</i>	42
Selkirk, <i>Kimberley</i>	37
Golden	28
Kitsilano, <i>Vancouver</i>	19
Fernie	16
Prince George	8



SNOWBOARDING

David Thompson, <i>Invermere</i>	53
Rossland	51
Fernie	50
Highland, <i>Comox</i>	40
Seycove, <i>North Vancouver</i>	40
Kitsilano, <i>Vancouver</i>	26
Selkirk, <i>Kimberley</i>	33
Mt. Baker, <i>Cranbrook</i>	29
Gleneagle, <i>Coquitlam</i>	18
Hatzic, <i>Mission</i>	16
Burnaby North	14
Nechako Valley, <i>Vanderhoof</i>	13
McBride	11
Penticton	5

ALPINE

SLALOM

1. Geoffrey Hatch, *Rossland*
2. Aaron Schmidt, *Fernie*
3. Andrew Niiranen, *Terry Fox*
4. Nick Brush, *D. Thompson*
5. Stu Bilodeau, *D. Thompson*
6. Ben Thomsen, *D. Thompson*
7. Jeremy Harding, *D. Thompson*
8. Luke Nelson, *Fernie*
9. Will Ripley, *Fernie*
10. John Burke, *Kitsilano*
11. Dustin Penner, *D. Thompson*
12. Troy Kelly, *Seycove*
13. Nick Cooper, *Selkirk*
14. Benz Ng, *St. George's*
15. Jeff Suter, *Pemberton*

SNOWBOARDING

GIANT SLALOM

1. Mark Dowley, *Nechako Valley*
2. Chris Bozman, *G.P. Vanier*
3. Tim Donaldson, *D. Thompson*
4. Zach Fast, *D. Thompson*
5. Triston Merrick, *Highland*
6. Jordan Rensby, *Lakes District*
7. Tyler Lake, *D. Thompson*
8. Keenan Andrew, *G.P. Vanier*
9. Shaun Utri, *D. Thompson*
10. Mitch McKimmon, *Hatzic*
11. Andrew Felsch, *Rossland*
12. Nick Edgar, *St. George's*
13. Tavis Nordstrom, *G.P. Vanier*
14. Roland Glennon, *Highland*
15. John Bowness, *Golden*

ALPINE

SLALOM

1. Leah Evans, *Rossland*
2. Alexandra Cameron, *Rossland*
3. Nicole Derksen, *Rossland*
4. Melissa Rawson, *Selkirk*
5. Kim Startup, *Seycove*
6. Kimverly Shaw, *Rossland*
7. Sarah Culver, *Seycove*
8. Terra Wilkens, *Penticton*
9. Sarah Gleave, *D. Thompson*
10. Jenna Woytiuk, *Prince George*
11. Kathy Pelletier, *Fernie*
12. Sarah Shaw, *Rossland*
13. Martina Bezzola, *Golden*
14. Caitlin Sharman, *Seycove*
15. Nicole Coughlin, *Golden*

SNOWBOARDING

GIANT SLALOM

1. Katie Israelson, *D. Thompson*
2. Amanda Ritchie, *Selkirk*
3. Mandy Tross, *D. Thompson*
4. Tara Mercier, *Fernie*
5. Rainbow Choi, *Burnaby North*
6. Katherine McKay, *Rossland*
7. Britton Taylor, *Fernie*
8. Janessa McKerr, *Highland*
9. Katie Pinkerton, *Seycove*
10. Georgia O'Neil, *Kitsilano*
11. Laum Cairns, *Rossland*
12. Dana Stanbrook, *Seycove*
13. Vanessa Harvery, *Hatzic*
14. Megan Bjordal, *Mt. Baker*
15. Alexi Stephens, *Rossland*

GIANT SLALOM

1. Aaron Schmidt, *Fernie*
2. Geoffrey Hatch, *Rossland*
3. Ben Thomsen, *D. Thompson*
4. Paul Rokosh, *Selkirk*
5. Stu Bilodeau, *D. Thompson*
6. Andrew Niiranen, *Terry Fox*
7. Jeremy Harding, *D. Thompson*
8. Ryland Nelson, *Fernie*
9. Nick Brush, *D. Thompson*
10. Trevor Rose, *D. Thompson*
11. Troy Kelly, *Seycove*
12. Luke Nelson, *Fernie*
13. Peter Laird, *Fernie*
14. Sam Weiner, *Prince George*
15. Will Ripley, *Fernie*



GIANT SLALOM

1. Nicole Derksen, *Rossland*
2. Alexandra Cameron, *Rossland*
3. Leah Evans, *Rossland*
4. Talia Christianson, *Selkirk*
5. Jody Pereverzoff, *D. Thompson*
6. Vanessa Disler, *Kitsilano*
7. Melissa Rawson, *Selkirk*
8. Martina Bezzola, *Golden*
9. Kim Startup, *Seycove*
10. Sarah Shaw, *Rossland*
11. Terra Wilkens, *Penticton*
12. Alison Clarke, *D. Thompson*
13. Kathy Pelletier, *Fernie*
14. Kelsey Peterson, *D. Thompson*
15. Sarah Culver, *Seycove*



BC SCHOOL SPORTS 2002 PROVINCIAL WRESTLING CHAMPIONSHIP RESULTS

Date: February 27-March 1, 2003**Location:** Abbotsford (W.J. Mouat Secondary)**Coordinator:** Jim Mitchell, W.J. Mouat Secondary**BOYS TEAM FINAL RESULTS**

1. Burnaby Central	138
2. Rick Hansen, <i>Clearbrook</i>	77
3. Alberni District, <i>Port Alberni</i>	59
4. Carson Graham, <i>North Vancouver</i>	46
5. Terry Fox, <i>Port Coquitlam</i>	44
6. Yale, <i>Abbotsford</i>	40
7. Sir Charles Tupper, <i>Vancouver</i>	31
8. Dr. Charles Best, <i>Coquitlam</i>	29
9. Notre Dame, <i>Vancouver</i>	24
10. Pinetree, <i>Coquitlam</i>	19

GIRLS TEAM FINAL RESULTS

1. Carihi, <i>Campbell River</i>	68
2. Reynolds, <i>Victoria</i>	65
3. Carson Graham, <i>North Vancouver</i>	36
4. Kelowna	32
5. Hazelton	26
5. Sir Charles Tupper, <i>Vancouver</i>	26
7. St. Thomas More, <i>Burnaby</i>	24
8. Kamloops	22
9. Yale, <i>Abbotsford</i>	20
10. New Westminster	19

BOYS INDIVIDUAL RESULTS**38 kg**

- Jonathan Candia (Terry Fox)
- Matt Roots (Terry Fox)
- Lucky Gill (Rick Hansen)
- Jay Briggs (Carson Graham)
- Chris Costco (Balmoral)
- Chris Anadia (Dr. Charles Best)

41 kg

- Adam Tell (A.W. Neill)
- Daniel Turner (Phoenix)
- Tom Switzer (Notre Dame)
- Andrew Devlin (Notre Dame)
- Mike Chayka (St. Thomas More)
- Justin Frechette (E.J. Dunn)

45 kg

- Raj Rai (Burnaby Central)
- Champston Le (Burnaby Central)
- Mark Delgado (Norkam)
- Ian Weekes (Carson Graham)
- Paul Murphy (Sir Charles Tupper)
- Miles Blondin (Yale)

48 kg

- Rafiq Charanie (Burnaby Central)
- Raj Virdi (Fleetwood Park)
- Jas Sidhu (Rick Hansen)
- Tom Graham (Yale)
- Shahab Vaziri (Sentinel)
- Stuart Mittlestead (Carson Graham)

51 kg

- Isaac Wing (Alberni District)
- Jordan Galaugher (Sir Charles Best)
- Cam Heavenor (Carihi)
- Steve Ross (Valleyview)
- Todd Radons (Robert Bateman)
- Alec Turra (New Westminster)

54 kg

- Jimmy Hoang (Sir Charles Tupper)
- Aujla Hardeep (Rick Hansen)
- Dane Rive (Carson Graham)
- Anil Dosanjh (Alberni District)
- Max Walker (Ballenas)
- Kam Sall (Pinetree)

57 kg

- Raj Talhan (Rick Hansen)
- Chris Bellefeuille (Sir Charles Best)
- Adam Frado (Sir Charles Tupper)
- Alex Rines (Chatelech)
- Kade Dwolinsky (Alberni District)
- Oscar Tapia (Vancouver College)

60 kg

- Gurveer Talhan (Rick Hansen)
- Satwinder Johal (North Delta)
- Ben Greer (Carson Graham)
- Adam McKilligan (Argyle)
- Darren Parish (Gleneagle)
- Robert Edgell (Alberni District)

63 kg

- Bo Gregson (Yale)
- Dan Sheaves (Rick Hansen)
- Blake Sanford (Carson Graham)
- Mike Hadley (Alberni District)
- Nick Ghaeni (Sentinel)
- Sunny Issac (Smithers)

66 kg

- Kaveh Banlhashemi (Burnaby Central)
- Matt Sparling (Carihi)
- Joel Dainard (Reynolds)
- Ardeshir Farhangdoost (Carson Graham)
- Rajan Thiara (Pitt Meadows)

70 kg

- Paul Sahota (Burnaby Central)
- Harvey Nijjar (Burnaby Central)
- Tommy Puglas (North Island)
- Aaron Bromfield (Pinetree)
- Patrick McDonald (Balmoral)
- Dan Durocher (Kelly Road)

74 kg

- Gavin Reagh (Burnaby Central)
- Russel Mayert (Pinetree)
- Jo Brakefield (Reynolds)
- Jaz Takhar (Spectrum)
- Ken Overton (Vancouver College)
- Tyson Shawchuck (North Peace)

78 kg

- Leo Preteni (Burnaby Central)
- Leighland Daumont (Alberni District)
- Jason Jepson (Norkam)
- Mark Zumbo (Mt. Boucherie)
- Dean Neville (Alberni District)
- Gurpeet Ranu (Columneetza)

84 kg

- Terry Purewal (Terry Fox)
- Doug Choe (Vancouver College)
- Dennis Young (Nechako Valley)
- Garret Kristiensen (Nechako Valley)
- Adriano Digiaccio (Handsworth)
- Joe Vernier (Vancouver College)

90 kg

- Jagroop Bhullar (H.J. Cambie)
- Jordan Edwards (St. Thomas More)
- Logan Bochek (Ballenas)
- Mike Gumpel (Kelly Road)
- Calum Watson (Sir Charles Tupper)

110 kg

- Jamie Bacon (Yale)
- Aaron Kaitlah (Alberni District)
- Sterling Lamarsh (Mackenzie)
- Jon Sharkey (John Peterson)
- Brandon Williams (College Heights)
- Alex Stradiotti (Vancouver College)

110+ kg

- Arjan Bhullar (Hugh McRoberts)
- Kovtchega Kirill (Burnaby Central)
- Steve Throburn (Notre Dame)
- Ricky Rai (Burnaby Central)
- Hardeep Saroya (Rick Hansen)
- Kevin King (Yale)

**Individual Girls Results****40 kg**

- Carrie Bulman (Kelowna)
- Shannon Lambie (Carson Graham)
- Shayleen Carmichael (Phoenix)
- Marianne Siglos (St. Thomas More)
- Vanessa McRann (Phoenix)
- Corrine Tomkinson (Dr. Knox)

43 kg

- Andrea Federici (Sir Charles Tupper)
- Emily Kurz (Carson Graham)
- Jana Nixon (E.J. Dunn)
- Zoe Staples (Mark Isfeld)
- Julie Cunningham (Reynolds)

47 kg

- Miranda Dick (Kamloops)
- Ashley McKilligan (Argyle)
- Maggie Ng (Centennial)
- Jacqui Bresser (Gleneagle)
- Leah Robertson (Norkam)
- Mia Connolly (Norkam)

GIRLS INDIVIDUAL RESULTS *continued*

51 kg

1. Kerra Candia (Terry Fox)
2. Sarah Jepson (Norkam)
3. Rita Pare (Hazelton)
4. Holly Benson (Carihi)
5. Amanda Scott (Yale)
6. Maria Hernades (Sir Charles Tupper)

54 kg

1. Leah Pare (Hazelton)
2. Hali McDonald (Carihi)
3. Emily Ngan (Sir Charles Tupper)
4. Shaleen Smyrski (Robert Bateman)
5. Kelly Schoultz (Rockridge)
6. Sarah Kuehne (Hatzic)

57 kg

1. Leah White (New Westminster)
2. Jenny Smith (Carihi)
3. Kathleen Coyle (Carihi)
4. Ezra Benevoli (St. Thomas More)
5. Kim Dainard (Reynolds)
6. Kayla Brolly (Balmoral)

60 kg

1. Jeraldine Chan (Yale)
2. Sam Matthews (Reynolds)
3. Alyson Young (Carihi)
4. Susan Mahain (West Vancouver)
5. Charlene Lavgevin (John Peterson)
6. Jamie Allison (Ballenas)

64 kg

1. Stacie Anaka (Reynolds)
2. Katharina Spatzl (Carson Graham)
3. Jen Hepburn (Dr. Charles Best)
4. Taylor Dick (Kamloops)
5. Julie Matheson (New Westminster)
6. Deanna Larson (Hazelton)

69 kg

1. Hayley McLeary (Kelowna)
2. Alicia Paling (Carihi)
3. Nicole Coatta (Centennial)
4. Leah Callahan (Max Cameron)
5. Maureen Messenger (Alberni District)
6. Lauren Koerber (Yale)

75 kg

1. Lauren Boggio (Balmoral)
2. Kate Woodhouse (Kelly Road)
3. Catherine Musecamp (Chase)
4. Katie Sesautels (Charles Hays)
5. Crista Carlson (Reynolds)
6. Laura Henderson (Ever Creek)

90 kg

1. Bianca Haglund (Carihi)
2. Shayla Turcotte (Boundary Central)
3. Ellysa Coulombe (St. Thomas More)
4. Anne Gibbons (Dr. Charles Best)
5. Jenny Hoyer (St. Thomas More)
6. Nicole Wood (Carihi)

90+ kg

1. Rosie Norton (Reynolds)
2. Diana Corby (Reynolds)

BC SCHOOL SPORTS SPIRIT OF COACHING CONFERENCE

Friday May 9, 2003
 Simon Fraser University (Burnaby Campus)
 (You MUST register by May 1, 2003)

Delegate: _____

BCSS Member School: _____

e-mail: _____

Sign up early as some workshops have limited enrollment and it will be filled on a first-come, first-served basis.

SPIRIT OF COACHING CONFERENCE REGISTRATION FORM - \$85 per delegate

REGISTRATION AND WORKSHOP SELECTION

7:30 am - 9:00 am	Delegate Package Pick-up, Continental Breakfast and Exhibitors' Area
9:00 am - 10:15 am	Opening Plenary Session for A.L. Conference Delegates - Province Coach of the Year Award Presentations - Keynote "Coaching Issues In Sport" - Wil Wedmann, Simon Fraser University
10:30 - 12:00 pm	SESSION 1: 1 st Choice _____ 2 nd Choice _____ 3 rd Choice _____
12:00 - 1:00 pm	BCSS-hosted Lunch and Exhibitors Area
1:00 - 2:15 pm	SESSION 2: 1 st Choice _____ 2 nd Choice _____ 3 rd Choice _____

BC SportsAid High School Edition (Instructors Course) - \$125 per registrant

The BC SportsAid High School Edition - Instructors Course is also being offered on May 9th as a full day certification course. Course fee is \$125

7:30 am - 9:00 am	Delegate Package Pick-up, Continental Breakfast and Exhibitors' Area
9:00 am - 10:15 am	Opening Plenary Session for A.L. Conference Delegates - Province Coach of the Year Award Presentations - Keynote "Coaching Issues In Sport" - Wil Wedmann, Simon Fraser University
10:30 - 1:30 pm	BC SportsAid Instructors Course (High School Edition)

Need Accommodation at Simon Fraser University? Complete the accommodation booking form at the back of the registration brochure and return it to SFU. Guaranteed space available to April 1st.

Spirit of Coaching Conference limited edition golf shirt with embroidered logo are just \$40. Indicate by circling your size (shirts will not be sold at the Conference):

Medium	Large	X-Large	XX-Large
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Attending the BCSS Annual General Meeting on Saturday May 10th? Yes No
 (Complete and return the AGM registration information from the AGM Package)

Please enclose (cheques should be made out to BC SCHOOL SPORTS):

- The Spirit of Coaching Conference Fee** (\$85) \$ _____
- OR Instructors Course - BC SportsAid High School Edition** (\$125) \$ _____
(Registration includes Continental Breakfast, Lunch, access to Exhibitors' Area and a 10 month membership or renewal with the Coaching Association of BC)
- Limited Edition Spirit of Coaching golf shirt** (\$40 each) \$ _____

TOTAL \$ ENCLOSED (fees must be paid by May 1, 2003) \$ _____

BC SCHOOL SPORTS 550 - 1387 West Broadway, Vancouver, BC V6R 6A9 (604) 275-8044 (fax)
 spirit@bcssu.org or sfu@bcssu.org website: burnaby.csu.bc.ca

For a copy of the most recent Conference Program click on the link below:
<http://www.bcschoolsports.com/forms/ConfProgram2003.pdf>

Coaches' Corner

Recovery Nutrition to the Rescue!

What to Eat After you Exercise.

By Heather Hedrick, MS, RD

Are your athletes feeling tired, lethargic, worn out, with sore muscles after training? Are they finding it hard to muster up the motivation to get moving because they can't seem to find the energy? Before the running shoes are hung up or the football gear is put away, consider one potential cause of their fatigued bodies - post-activity nutrition. The problem may be what is eaten, or not eaten, after training sessions. Failing to focus on recovery nutrition will contribute to a dehydrated, depleted body that requires a long time to recover from exercise. By choosing the right foods at the right times, one can replenish energy, repair muscle tissues, and revitalize motivation for training and competition.

Proper nutrition for optimal recovery from training focuses on four major components of the diet: fluid, carbohydrate, protein and electrolytes. The key is to implement the following guidelines immediately after exercising. Our muscles are most receptive to nutrients within the first hour after exercising.

FLUID

Our bodies are 67 percent water. Water helps to carry nutrients and oxygen to all of our cells, removes waste products from the body, lubricates joints, and especially during exercise, helps to regulate body temperature. When exercising in hot, humid environments, sweat losses may exceed 2-3 litres of fluid per hour for some individuals. Any fluids lost during exercise must be replaced and should be considered a top priority in recovery nutrition.



Fluid Replacement Guidelines

- Do not use thirst as an accurate measure of your hydration status. By the time you are thirsty, your body is already dehydrated.
- Drink more than you think that you need.
- Consume 2-3 cups of fluid for every pound of body weight lost during exercise. Weight yourself before and after an exercise session to determine how much fluid you lose through sweat.

Recovery Fluid Examples

- Water is always appropriate, readily available and generally inexpensive.
- Juices are ideal, providing fluid, carbohydrates and electrolytes.
- Watery foods such as soups, fruits and vegetables supply fluids, carbohydrates and other vitamins and minerals.

CARBOHYDRATES

Carbohydrates are the main source of fuel for our working muscles. During exercise, our stores of carbohydrate, or glycogen, are depleted. Glycogen stores must be replenished on a daily basis in order to prepare our bodies for a training session or competition.



Carbohydrate Replacement Guidelines

- Strive to consume a 200-300 calorie high-carbohydrate snack immediately following a workout.
- Your post-workout snack/meal should consist of foods/drinks that provide at least 0.5 grams of carbohydrate per pound of your body weight.
- For example, a 150-pound male would require a post-workout snack/meal consisting of at least 75 grams of carbohydrate. Ideally, 75 grams of carbohydrate would be consumed immediately following exercise and then another 75 grams again in the next two hours. A glass of orange juice and a bagel provides approximately 75 grams of carbohydrate.

Recovery Carbohydrate Examples

- Orange juice and a bagel with a small amount of peanut butter.
- Fruited yogurt and graham crackers.
- Milk and a half of a turkey sandwich.
- Snack mix of dried fruit, cereal and pretzels.
- A fruit smoothie made with whole fruit, milk or juice, yogurt and ice.

PROTEIN

Amino acids, the building blocks of protein, help stimulate protein synthesis to repair muscle tissue. Protein is also a component of glycogen and, therefore, works with carbohydrate to enhance the replacement of glycogen in the muscle.



Protein Replacement Guidelines

- A post-activity snack should consist of roughly 15-25 grams of protein. If you have calculated the number of grams of carbohydrate you need immediately following exercise, one-third of that number would equal the amount of protein needed after exercise. For example, a 150-pound person who needs 75 grams of carbohydrate would also need 25 grams of protein immediately following exercise.
- Aim to consume a complete meal with 1-3 hours of exercise. Make sure your post-workout meal consists

of three different food groups (grains, fruits, vegetables, milk/milk alternatives, and meat/meat alternatives) as protein is found in a variety of foods. One of the food groups should be a concentrated source of protein, such as chicken, fish, milk/dairy, legumes, nuts or soy products.

Recovery Protein Examples

- Legumes, such as soy beans, kidney beans, or lentils are packed with protein, carbohydrate and fibre.
- Nuts and seeds, including peanut butter on whole grain bread, celery or smoothies, and sunflower seeds on yogurt or cottage cheese, can add flavour and crunch to your snacks and meals.
- Milk, yogurt, soy milk and soy yogurt provide not only high quality protein, but also some fluids, carbohydrates and calcium.
- Lean meats, chicken and fish add lots of protein to snacks and meals. Since meats are perishable, make sure these foods stay refrigerated, especially when travelling.



ELECTROLYTES

The main electrolytes lost in sweat during exercise are potassium and sodium. Both of these nutrients are essential for maintaining normal water balance in the body. Potassium and sodium can be easily replaced by consuming foods after exercising. Special supplements, such as salt tablets, are unnecessary.



Electrolyte Replacement Guidelines

- During a one-hour workout, an individual may lose 90 mg of potassium and 500 mg of sodium in sweat.
- One banana (about 500 mg potassium) and an ounce of pretzels (about 400-500 mg of sodium) would adequately replace electrolyte losses for most individuals.

Recovery Electrolyte Examples

- Juices, whole fruits and vegetables are loaded with potassium.
- One potato has 800-850 mg of potassium.
- Sodium is found abundantly in many foods, including pizza, spaghetti sauce, soups, cheeses, snack foods and crackers. Even non-salty tasting foods (such as milk, bread and bagels) contain sodium.

A post-workout nutrition plan can dramatically impact how quickly muscles recover. Eating immediately after workouts and competitions will allow your body to initiate the repair and rebuilding process. Help your athletes plan their recovery nutrition as carefully as you plan training and conditioning. Don't let them miss the opportunity to replenish their bodies and keep performing at optimally best all week long.

SECONDARY SPONSOR OF THE
BC SCHOOL SPORTS CHAMPIONSHIP
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COMMUNITY.

"We have an obligation
to give something back
to the community that
gives so much to us."

Ray Kroc, Founder of McDonald's

WHY COACH ?

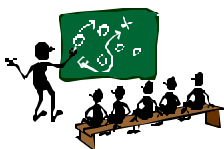
I still ask myself that question after coaching for thirty-two years with B. C. Schools. Even though I am now retired from teaching in the classroom, I still coach after school sports.



What is it that we get from this 200 to 500 hour time commitment? There is a great amount of personal satisfaction and fulfilment in helping our young people learn specific skills, learn to work together, learn to overcome setbacks and achieve goals. We have the opportunity to be part of these energetic lives where we teach not only sports but some of life's lessons. Many times we do not realize the significance or the impact of coaching until years later when we meet one of our former players and they thank us for our time and our commitment.

There are some setbacks to coaching. It takes a great deal of time and energy. It is something we do in addition to our jobs as educators in the classroom and it is often time that we sacrifice with our families. There are no monetary rewards. We deal not only with occasional lack of commitment from our players, but also with individual personalities of parents who often think their child is not receiving the time on the court that they should be. There are times that thank you's should be said and are forgotten and times when we are physically tired yet there are team practices or games to be played before the day is over.

As a coach it is important to remember why we do what we do. It is not for the recognition, although when that comes, it is great, it is not just for the thrill of a well played game and a winning season, although when that happens it is wonderful, it is an opportunity to work with our young people, to hopefully be a positive influence in their lives, to spend time with a small group of students, not only coaching but getting to know them in a way that is not always possible in a classroom situation. It is truly an investment in our future. Being a coach makes a difference not only in the lives of the players but in the lives of those of us who get to participate as coaches.



Therefore if you are going to invest your time and hope to give your athletes a quality program why not be the best you can be. Programs are being offered this year in a location near you that will enhance your coaching. N.C.C.P Level 1

and Level 2 coaching theory courses are available in your area of the province. To access one of these courses get 5 or 6 coaches together and contact BC SCHOOLSPO RTS. Coaching Conferences are being offered, May 9 and 10 at S.F.U. (Spirit of Coaching Conference) and May 16 at Prince Charles Secondary in Creston. Attending one of these clinics will give you more knowledge in your sport, more contacts and help you to deal with any conflicts that develop in your coaching.

B. Kingsley

BC SCHOOL SPORTS PROMOTIONAL SHIRTS

GOLF SHIRTS

- Cont Harbour brand high quality 100% cotton golf shirts from Tech nG Graphics
- BC SCHOOL SPORTS logo left chest
- navy, burgandy or white available immediately
- X-Large and XX-Large sizes only
- Only \$37 each (including GST)



T-SHIRTS

- quality t-shirts, great for teaching and coaching
- SCHOOL SPORTS BE TOTALLY EDUCATED logo center front
- ash grey and navy available
- X-Large and XX-Large sizes only
- Only \$14 each (including GST)

SCHOOL SPORT !



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BC SCHOOL SPORTS PROMOTIONAL SHIRT ORDER FORM

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City: _____ Postal Code: _____

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Quantity	circle colour	circle size	@ \$37 each
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	Navy	X-Large / XX-Large	
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T-shirts @ \$14 each (each colour only available in specified size)

Quantity	circle colour	circle size	@ \$14 each
	Ash Grey	X-Large / XX-Large	
	Navy	X-Large / XX-Large	

Add \$1.00 per shirt for shipping, to a maximum of \$5.00

Send your Order Form and cheque to: BC SCHOOL SPORTS, 330 - 1367 West Roadway, Vancouver BC V6H 4A9 (604) 727 -3066 (T), (604)737-9844 (F)



Sport Medicine COURSES

BC SCHOOL SPORTS and SportMedBC have partnered to offer all BCSS Member Schools a special school affiliation with SportMedBC. BCSS Member Schools receive the Best Practices quarterly Newsletter .

SPORTSAID2003COURSES

If you have any questions about the SportsAid Program or if you wish to take a course, or host a course please do not hesitate to contact SportMedBC at 604-473-4850 or by fax at 604-473-4860. This list is a tentative schedule of upcoming courses.

COURSE	DATE	LOCATION-HOST	PHONE
North Central			
Sports First Aid	May 3	City of Williams Lake	250-392-1788
Vancouver			
Sports First Aid	May 3	Douglas College	604-473-4850
Athletic Taping	June 7 & 8	Douglas College	604-473-4850
Okanagan			
Sports First Aid	June 7	Kelowna Lifemark Physio	250-712-5856

For more information surf the Web at www.sportmedbc.com






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Keep up to date on all of the latest information in the world of coaching. The **Coaches Association of BC** has a host of resources to increase your coaching effectiveness. Coaching conference and seminar dates and discounts, a resource library, quarterly newsletters, NCCP information, legal assistance, coaching contracts, a toll free phone line to the **CABC** office, and a home page to keep you informed of all the important events occurring throughout BC. For only \$15.00 a year, you can't afford not to join! Fill out the membership form below and begin receiving your benefits today!

Name: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ NCCP Certification Level: Theory: _____ Technical: _____ Practical: _____

Full Membership \$15.00
Level 1 Certified

Associate Membership \$15.00

Five Year Full
Membership \$50.00

Make cheques payable to: **Coaches Association of BC**, send to: #345, 1367 West Broadway, Vancouver, BC V6H 4A9

NCCP Technical Coaching COURSES



The following Provincial Sport Organizations are offering Technical Coaching certification courses for May 2003 through June 2003.

BASKETBALL BC - www.basketball.bc.ca

Level 1

Date: May 16, 2003

Location: Creston, Prince Charles Secondary

Part of the BCSS Regional Spirit of Coaching Conference. See www.bcschoolsports.com for details.

Level 2

Date: May 2-3, 2003

Location: Castlegar, Stanley Humphries Secondary

Contact: John Ritchie - 250-365-7735

BC AMATEUR FOOTBALL ASSOCIATION-

www.playfootball.bc.ca, 604-583-9363

Level 1 Technical & Theory

Date: May 2-3

Location: BC Lions Training Facilities

Contact: bootballbc@footballbc.org

BC VOLLEYBALL ASSOCIATION - www.bcva.com

Level 1

Date: May 30- June 1

Location: Abbotsford, Columbia Bible College

Contact: Dawna - 604-291-2007

TENNIS BC - www.tennisbc.org

Level: Instructor (TC)

Date: May 2-4, 9-11

Location: Coquitlam / Vernon

Contact: Neil Parker / Richard McInnis

Date: May 30 - June 1, June 6-8

Location: Prince George / Kootenays

Contact: Neil Parker / Richard McInnis

Level: Instructor

Date: June 13-15, 20-22

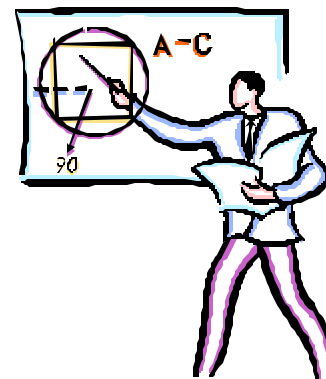
Location: Richmond (*The River Club*)

Contact: Kelly Hubbard

Date: June 4-6

Location: Grant Connell Tennis Centre

Contact: Richard McInnis



BC SCHOOL SPORTS . . . Reports!**BC DAIRY FOUNDATION MILK RUN™**

The 25th Anniversary of the BC DAIRY FOUNDATION MILK RUN™ will be Wednesday April 23rd at 155 schools across BC. Over 85,000 students and staff will participate in what has become a premier event in many school calendars.



BC DAIRY FOUNDATION has sponsored the Milk Run since 1979, when it was launched as part of the inaugural Canadian School Sport Week. That week disappeared (and may be resurrected in 2003) but the Milk Run has been held every year. Over 5,640 schools have participated, over \$780,000 has been raised for BC charities servicing disabled and ill youth and children, and over 2.5 million students remember the Milk Run as part of their school experience.

Five charities are in the 2nd year of support from the Milk Run for their physical activity programs. The Disabled Skiers Association of BC will receive 50% of the net donations for their "Reaching Out - Making Connections" program. The other 50% of the proceeds will be shared by BC Wheelchair Basketball Association (junior provincial tournament travel), CNIB & BC Blind Sport Association (Bowen Island Summer Camp for Children with Visual Impairments) and Sportability- CP Sports (youth development camps).

Regional Kick-off Schools have been named, representing each of the 7 BCSS Designated Zones. Congratulations to:

- Zone A (Kootenays) - Prince Charles Secondary (*Creston*)
- Zone B (Okanagan) - Kamloops Secondary (*Kamloops*)
- Zone C (North Central) - College Heights Secondary (*Prince George*)
- Zone D (Northwest) - Hazelton Secondary (*Hazelton*)
- Zone E (Vancouver Island) - St. Margaret's (*Victoria*)
- Zone F (Lower Mainland) - Charles E. London (*Richmond*)
- Zone G (Fraser Valley) - Burnsvie Jr. Secondary (*Delta*)

Every student participating in the 25th Anniversary of the BC DAIRY FOUNDATION MILK RUN™ will receive a special Milk Run memento from BC Dairy Foundation. The Kick-off schools will also receive additional promotional goods and a special vinyl start - finish banner.

**BC OLYMPIC YOUTH LEADERSHIP ACADEMY**

Every school has student leaders and there are a number of opportunities during the year for these special students to attend various workshops and conferences. We think that one of the very best and most memorable experiences for student leaders with an interest in sport and recreation is the annual BC Olympic Youth Leadership Academy.

The BCOYLA is for boys and girls completing either grade 9 or 10. Young leaders from all over the province come together and learn about the Olympic and Olympic values, goal setting, leadership and event management. The speakers include current and past Olympic and Paralympic athletes and BC sport leaders. Special events include an aboriginal sport presentation and the Dinner of Champions. Young leaders will have a chance to try several Olympic and paralympic sports, and as a special opportunity in 2003, will be guests of the Vancouver 2010 Olympic Bid group on July 2, 2003, as the International Olympic Committee announces which city will host the 2010 Winter Olympic Games.

The 4th annual BCOYLA will be held June 29 - July 4 at UBC in Vancouver. Registration fees are \$200 which includes all transportation (unless from Lower Mainland), meals, accommodation and special events. Applications are available on-line at the BCSS web site. Click on BCOYLA.

ELIGIBILITY APPEALS

Eligibility Appeals for students listed below were submitted by Member Schools and were accepted at either the February 1st Jury of Appeal meeting or the April 5th Eligibility Appeals Committee meeting.

- Abbotsford Sr - Cody Hind, Tiffany Hind
- Belmont - Liana McOrmond
- Collingwood - Juliana Martin
- D.W. Poppy - Ashley Harpur
- Fleetwood Park - Robert Webber
- Garibaldi - James Carrie
- Lakes District - Kristy Braaten
- Maxwell Baha'i - Landon Brooke
- North Peace - Nicole Duperon
- Rockridge - Sebastian Von Stein
- Sa-Hali - Andrew Fisher, Dan Hill
- Semiahmoo - Niels Hanson
- Sentinel - Andrew Lord
- Yale - Brandon Hall

ANNUAL GENERAL MEETING

The 35th Annual General Meeting of BC SCHOOL SPORTS will be held on Saturday May 10, 2003 at Simon Fraser University in Burnaby. All Member schools were sent information and registration packages in late February. The meeting report booklet, resolutions and voting forms will be mailed on April 24th. AGM information is on the BCSS web site.

Accommodation must be booked directly through SFU Conference and Guest Services. The accommodation booking form was in the February package, or contact the BCSS office to request a copy.



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A large, detailed image of a white volleyball. The volleyball has several logos and text on it. The most prominent is the 'Baden' logo in a stylized font, with 'Limited Edition' written below it. Another logo says 'LEXUM' with '115-0' underneath. There are also smaller logos on the top and bottom panels of the ball.

BC SCHOOL SPORTS

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e-mail: info@bcschoolsports.com Web site: www.bcschoolsports.com

ATHLETIC ASSOCIATION

Abbotsford/Mission
Burnaby/New Westminster
Coquitlam
Delta
East Kootenay
Fraser Valley East
Langley
Lower Mainland Independent
Lower Vancouver Island Senior
Maple Ridge/Pitt Meadows
North Central District
North Okanagan
North Shore
North Vancouver Island
NorthwestZone
Okanagan Central
Richmond
South Okanagan-Similkameen
Surrey
Vancouver
West Kootenay
West Okanagan Valley

REGIONAL ATHLETIC ASSOCIATION

Fraser Valley
Okanagan Valley
Vancouver & District Inter-High School

SPORT COMMISSION

Aquatics
Badminton
Basketball-Boys
Basketball-Girls
Curling
Field Hockey
Football
Golf
Gymnastics
Mountain Biking
Rugby
Skiing/Snowboarding
Soccer
Tennis
Track and Field/Cross Country
Volleyball - Boys
Volleyball - Girls
Wrestling

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Walter Becker
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Robert Bateman, *Abbotsford*
Moscrop, *Burnaby*
Riverside, *Port Coquitlam*
North Delta
Prince Charles, *Creston*
Mount Slesse Middle, *Sardis*
Langley Christian
St. George's, *Vancouver*
Pacific Christian, *Victoria*
Westview, *Maple Ridge*
Duchess Park, *Prince George*
Pleasant Valley, *Armstrong*
Carson Graham, *North Vancouver*
Ballenas, *Parksville*
Bulkley Valley Christian, *Smithers*
Constable Neil Bruce Middle, *Kelowna*
Robert A. McMath, *Richmond*
Princess Margaret Jr., *Penticton*
Clayton Heights, *Surrey*
David Thompson, *Vancouver*
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Westsyde, *Kamloops*

SCHOOL/COMMUNITY

Surrey School Board
Rutland Sr., *Kelowna*
Handsworth, *North Vancouver*

SCHOOL/COMMUNITY

Como Lake Middle, *Coquitlam*
H.J. Cambie, *Richmond*
St. Thomas More, *Burnaby*
St. Margaret's, *Victoria*
Seaquam, *Delta*
Fleetwood Park, *Surrey*
Terry Fox, *Port Coquitlam*
Alberni District, *Port Alberni*
Windsor, *North Vancouver*
Argyle, *North Vancouver*
West Vancouver
Rossland
Woodlands, *Nanaimo*
J.N. Burnett, *Richmond*
Magee, *Vancouver*
Mt. Boucherie, *Kelowna*
Mt. Sentinel, *South Sloca*
Yale, *Abbotsford*



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"BC SCHOOL SPORTS is an organization of Member Schools which encourages student participation in extra-curricular athletics, assists schools in the development and delivery of their programs and provides governance for interschool competition."

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Sport Resource Catalogue

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Member School Registration
Sport Participation Data Base
Commission Coaches Lists
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SPRING 2003 NATIONAL COACHING CERTIFICATION PROGRAM

For information about Home
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Dr. Eric Broom
2550 York Ave.
Vancouver, BC
V6K 1E3

Phone: (604) 731-7066

Theory and technical lists are compiled by the Coaches Association of BC. All Host Agencies and Course Conductors are requested to add to this list to better inform BC Coaches about what clinics are being offered and when. For more information on clinics call Gord at (604) 298-3137.

DATE	LOCATION	HOST	CONTACT #
NCCP THEORY LEVEL 1			
05/3-4	Maple Ridge	West Coast Kinesiology	604-467-4675
05/3-4	Nelson	Nelson Recreation	250-352-7257
05/9-10	Port McNeill	North Island Secondary	250-956-3394
05/10-11	Victoria	National Coaching Institute	250-727-5300
05/16	Creston	BC SCHOOL SPORTS / Prince Charles Secondary	604-737-3066 www.bcschoolsports.com
05/31-06/1	Lower Mainland	BC SCHOOL SPORTS /	604-737-3066 www.bcschoolsports.com
06/7-8	Kamloops	PacificSport Interior BC	250-828-3344
06/14-15	Kamloops	Kamloops Secondary	250-828-3500
NCCP THEORY LEVEL 2			
05/2-4	Courtenay	Courtenay Recreation	250-338-1000
05/2,3,10	Surrey	Kwantlen University College	604-599-3025
05/2,4	Abbotsford	University College of the Fraser Valley	604-864-4638
05/23-25	Salmon Arm	Okanagan University College	250-804-8888
05/30-06/1	Dawson Creek	City of Dawson Creek - Parks & Rec	250-784-3604
05/31-06/2	Nanaimo	BC SCHOOL SPORTS /	604-737-3066 www.bcschoolsports.com
06/3,5,7,8	Victoria	National Coaching Institute	250-727-5300
06/6-8	Nelson	BC SCHOOL SPORTS /	604-737-3066 www.bcschoolsports.com
NCCP THEORY LEVEL 3			
05/3,4,24,25	UBC	Western Leisure Consultants	604-731-7066
08/16,17,23,24	Victoria	National Coaching Institute	250-721-7589



**3M National
Coaching
Certification
Program**

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