

IN THE FALL ISSUE:

- ◆ FALL CHAMPIONSHIP RESULTS
- ◆ COACHES' CORNER
- ◆ NCCP COURSES
- ◆ ...AND MORE!

VOL. 11, No. 1 DECEMBER 2003



Report

BC SCHOOL SPORTS



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Lambrick Park Secondary, Victoria



2003-2004 BCSS Provincial Girls AA Field Hockey Champions:
Cowichan Secondary, Duncan

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F.Y.I.



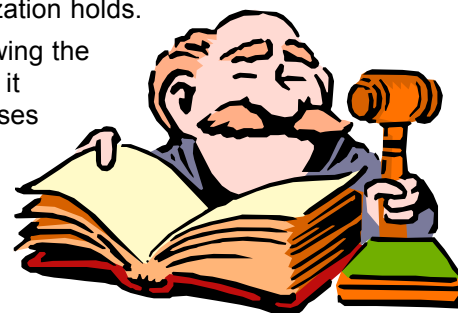
PRIVACY LAWS AND BCSS

On January 1, 2004, a new privacy law governing the private sector will come into effect in British Columbia. The law, called the *Personal Information Protection Act* ("PIPA"), follows government consultation with the private sector and is modeled on existing federal private sector privacy legislation. It will operate as the private sector counterpart to the existing public sector *Freedom of Information and Protection of Privacy Act*. Although the latter regulates how School Districts release student information to BCSS, it does not regulate how BCSS manages that information.

The PIPA will regulate the collection, use and disclosure of personal information, which is defined under the Act as "information about an identifiable individual". Of significance for BCSS and its affiliated Associations is that the PIPA will apply to non-profit organizations. Thus, the new law will affect, for instance, how BCSS manages Member Schools' students' personal information. It will also affect the private sector in other ways, such as dealings with employee information.

Generally, the PIPA is designed to ensure that the purpose for collecting personal information is reasonable, that collection is limited to what is necessary for that purpose, that the individual is aware of the purpose and gives his or her consent (which may be explicit or implicit), and that the use and disclosure of the personal information is limited to the identified purpose. Another principle underlying the Act is access – an individual will have the right to know what personal information about him or herself an organization holds.

BCSS is presently reviewing the nature of the information it collects, uses and discloses and the procedures presently in place, to ensure that it takes the steps, including coordination with the School Districts and Member Schools, necessary to bring itself into compliance with the new law.



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**BCSS 2003 PROVINCIAL AQUATICS
CHAMPIONSHIP RESULTS**

Date: November 14-15, 2003
Location: Richmond (Watermania)
Coordinator: Mike Slinger, Como Lake Middle School

FINAL RESULTS- Aquatics Overall

1	St. George's, Vancouver	445
2	Pinetree, Coquitlam	280
3	South Delta	261
4	Southridge, Surrey	218
5	Semiahmoo, Surrey	216
6	WJ Mouat, Abbotsford	213
7	Burnaby North	191
8	Claremount, Victoria	171
9	Archbishop Carney, Port Coquitlam	165
10	Penticton	164

FINAL RESULTS- Swimming

1	St. George's, Vancouver	445
2	South Delta	261
3	Pinetree, Coquitlam	232
4	Semiahmoo, Surrey	216
5	WJ Mouat, Abbotsford	213
6	Burnaby North	191
7	Claremount, Victoria	171
8	Archbishop Carney, Port Coquitlam	165
9	Penticton	164
10	Nanaimo District	162

Event 1 Girls B 400M Free Relay

MR: 4:24.79 2003 BURNABY NORTH

1	Burnaby North	4:24.79
2	Southridge, Surrey	4:36.01
3	L.V. Rogers, Nelson	4:41.56
4	Vancouver Technical	4:41.71
5	Sir Winston Churchill, Vancouver	4:42.46
6	West Point Grey, Vancouver	4:48.92
7	Chilliwack	4:49.37
8	Maple Ridge	4:49.53

Event 2 Boys B 400M Free Relay

MR: 3:53.81 2002 BISHOP CARNEY

1	St. George's, Vancouver	4:06.67
2	Yale, Abbotsford	4:27.84
3	Vancouver Technical	4:29.85
4	Southridge, Surrey	4:30.49
5	W.J. Mouat, Abbotsford	4:33.75
6	Burnaby North	5:32.99

Event 3 Girls OPEN 400M Free Relay

MR: 4:06.13 1997 REYNOLDS

1	West Vancouver	4:13.12
2	Penticton	4:17.51
3	Nanaimo District	4:18.86
4	Kwalikum, Qualicum Beach	4:20.69
5	Seaquam, Delta	4:21.96
6	Semiahmoo, Surrey	4:40.86
7	Dover Bay, Nanaimo	4:44.61
8	Oak Bay, Victoria	4:45.31

Event 4 Boys OPEN 400M Free Relay

MR: 3:42.76 * 1994 NEW WESTMINSTER

1	West Vancouver	4:00.09
2	St. George's A, Vancouver	4:02.76

3 St. George's B, Vancouver	4:15.85
4 West Point Grey, Vancouver	4:37.59
5 Burnsvew Jr, Delta	4:43.70
6 W.J. Mouat, Abbotsford	5:30.91
-- Penticton	DQ

Event 5 Girls B 200M Medley Relay
MR: 2:14.84 1994 BURNABY CENTRAL

1 York, Abbotsford	2:15.64
2 Moscrop, Burnaby	2:17.22
3 South Delta B	2:18.19
4 South Delta A	2:20.69
5 Cariboo Hill, Burnaby	2:22.09
6 L.V. Rogers, Nelson	2:22.51
7 Burnaby North	2:22.65
8 Sir Winston Churchill, Vancouver	2:24.66

Event 6 Boys B 200M Medley Relay
MR: 1:54.90 1991 SENTINAL

1 St. George's A, Vancouver	2:01.41
2 Centennial, Coquitlam	2:01.53
3 Vancouver College	2:04.55
4 Gladstone, Vancouver	2:11.47
5 Pinetree, Coquitlam	2:13.06
6 Stelly's, Saanichton	2:14.29
7 St. George's B, Vancouver	2:14.60
8 Southridge, Surrey	2:28.13

Event 7 Girls OPEN 200M Medley Relay
MR: 2:07.71 1996 REYNOLDS

1 Nanaimo District	2:10.46
2 Walnut Grove, Langley	2:10.55
3 Semiahmoo, Surrey	2:14.43
4 Terry Fox, Port Coquitlam	2:15.44
5 St. Thomas More, Burnaby	2:16.70
6 Templeton, Vancouver	2:17.85
7 Pinetree, Coquitlam	2:18.49
8 Collingwood, West Vancouver	2:19.07

Event 8 Boys OPEN 200M Medley Relay
MR: 1:53.19 1996 McROBERTS

1 Archbishop Carney, Pt. Coquitlam	1:58.05
2 Gleneagle, Coquitlam	2:00.79
3 St. George's A, Vancouver	2:02.48
4 Oak Bay, Victoria	2:05.25
5 Terry Fox, Port Coquitlam	2:06.68
6 Pintree, Coquitlam	2:11.77
7 St. George's B, Vancouver	2:16.69
-- South Kamloops	DQ

Event 9 Girls B 50M Free
MR: 27.22 2003 C. LANDSIEDEL RBSS

1 Landsiedel, Courtney	RBSS	27.22
2 Lam, Melissa	WJMO	27.50
3 Peterson, Kevyn	SASS	28.26
4 Bloodoff, Vanessa	SHSS	28.49
5 Henderson, Carla	DOVER	28.71
6 Freschi, Amanda	JLCRO	29.14
7 LY, Junee	VTECH	29.84
8 Hatt, Amy	CHILL	30.61

Event 10 Boys B 50M Free
MR: 24.30 2003 DAVE MACNEIL STMO

1 MacNeil, Dave	STMO	24.30
2 Weglo, Trevor	CENT	25.69
3 Kearney, Alex	TIMBR	26.28
4 Jung, Brandon	STMO	26.45
5 Sharpham, Michael	ARG	26.62
6 Bourne, Mitchell	MTSEN	26.74

7 Van Alstyne, Clark	CENT	27.10
8 Seong, Samuel	BRDUR	27.13

Event 11 Girls OPEN 50M Free
MR: 26.51 2003 Brittany Reimer LDTW

1 Reimer, Brittany	LTWED	26.51
2 Plummer, Ashley	MCROB	27.60
3 Ling, Faye	SEAQU	27.99
4 Poirier-Leroy, Genevi	NAN	28.02
5 Forbes, Hannah	COW	28.11
6 Salli, Rachelle	WG	28.20
7 Aspinall, Jessica	BALL	28.55
8 Zameenik, Lucy	PEN	28.95

Event 12 Boys OPEN 50M Free
MR: 23.98 1998 BRIAN JOHNS MC

1 Wang, Jackson	SEAQU	24.81
2 Yi, Tommy	BCENT	25.47
3 Chiew, Ryan	GLENE	25.52
4 Jacks, Greer	OAKBY	25.53
5 Pommerville, Justin	SMU	25.87
6 Nelson, Fraser	VVS	26.11
7 NG, Norman	GLENE	26.37
8 Schmuck, Andreas	SEMI	26.53

Event 13 Girls B 50M Backstroke
MR: 31.90 2003 MELISSA LAM WJMO

1 Lam, Melissa	WJMO	31.90
2 Vonic, Dana	KWANT	32.56
3 Henderson, Carla	DOVER	32.63
4 Vonic, Charday	KWANT	32.72
5 Peterson, Kevyn	SASS	32.98
6 Hickey, Jessica	OAKBY	33.29
7 Shin, Monica	FHS	33.72
8 Freschi, Amanda	JLCRO	33.81

Event 14 Boys B 50M Backstroke
MR: 28.40 2003 TREVOR WEGLO CENT

1 Weglo, Trevor	CENT	28.40
2 Grey, Matt	GFSS	30.57
3 Kearney, Alex	TIMBR	30.94
4 Dee, Kevin	MAPLE	31.16
5 Hobbs, Kevin	MCMAT	31.66
6 Lam, Dustin	VC	31.68
7 Scarff, Kyle	TRAF	32.15
8 Woo, Kevin	KWANT	33.34

Event 15 Girls OPEN 100M Backstroke
MR: 1:03.69 2003 Brittany Reimer LDTW

1 Reimer, Brittany	LTWED	1:03.69
2 Aspinall, Jessica	BALL	1:04.25
3 Katalowski, Katie	SEMI	1:06.62
4 Lavigna, Lauren	TEMP	1:07.83
5 Daniels, Lauren	CLARE	1:08.79
6 Mulhern, Courtenay	HOLYX	1:10.05
7 Boduel, Nicole	BURNS	1:11.17
8 Lai, Teri	CAMBE	1:11.77

Event 16 Boys OPEN 100M Backstroke
MR: 57.26 1997 CHRIS SAWBRIDG

1 HO, Leonard	ARCHB	1:00.54
2 Sherwood, Alex	SKSS	1:01.82
3 Pommerville, Justin	SMU	1:02.02
4 Cochrane, Ryan	CLARE	1:02.38
5 Alexander, Richard	CLARE	1:02.95
6 Reid, Brad	POMO	1:04.74
7 Nelson, Fraser	VVS	1:05.43
8 Gomez, Inaki	VC	1:05.58

Event 17 Girls B 50M Breaststroke
MR: 35.44* 2002 V. BLOODOFF SHS

1 Bloodoff, Vanessa	SHSS	36.02
2 Jung, Stephanie	BCENT	36.10
3 Lougheed, Caitlin	FNS	36.53
4 Palmer, Janice	BURNS	37.38
5 Kelman, Tiffany	TEMP	37.45
6 Giles, Jennifer	MISSN	37.85
7 Renshaw, Jessica	SDSS	37.96
8 Edgar, Jodie	MOSS	38.56

Event 18 Boys B 50M Breaststroke
MR: 31.29* 1988 MARK LUERS MEI

1 Wong, Travis	BSOUT	32.76
2 Landsiedel, Spencer	RBSS	33.47
3 Lam, Desmond	VC	33.48
4 Dong, Eric	GLAD	33.94
5 Bourne, Mitchell	MTSEN	33.98
6 Kai, Milton	PTGRY	34.91
7 Scarff, Kyle	TRAF	35.23
- Kim, Brian	SRS	DQ

Event 19 Girls OPEN 100m Breaststroke
MR:1:11.19 1993 JENNIFER HEAGY

1 Mange, Michelle	MULG	1:11.82
2 Dodds, Melanie	WG	1:16.08
3 Schmuck, Anne	SEMI	1:17.28
4 Lawrence, JY	EARLM	1:17.65
5 Crawford, Lauren	STM	1:18.18
6 Hahto, Tara	STELY	1:18.63
7 Mulhern, Courtenay	HOLYX	1:19.66
8 Poirier-Leroy, Genevi	NAN	1:19.67

Event 20 Boys OPEN 100m Breaststroke
MR: 1:05.46 1996 PHILLIP WEISS

1 HO, Leonard	ARCHB	1:08.36
2 Chiew, Ryan	GLENE	1:08.62
3 Chan, Julian	STGEO	1:12.59
4 Nuttal, Gordon	VVS	1:12.63
5 Siebel, Ian	SANDS	1:13.13
6 Schmuck, Andreas	SEMI	1:13.36
7 Kwan, Wilson	CAMBE	1:14.29
8 Lai, Michael	BNOR	1:14.50

Event 21 Girls B 200M Free Relay
MR: 1:58.48 1996 CENTENNIAL

1 Southridge, Surrey	1:59.42
2 Burnaby North	1:59.43
3 York House, Vancouver	2:03.57
4 South Delta	2:03.81
5 Cariboo Hill, Burnaby	2:08.58
6 West Point Grey, Vancouver	2:08.70
7 Yale, Abbotsford	2:09.22

Event 22 Boys B 200M Free Relay
MR: 1:44.24 2001 VANCOUVER COL

1 St. George's, Vancouver A	1:48.79
2 St. George's, Vancouver B	1:53.99
3 Gladstone, Vancouver	1:54.12
4 Yale, Abbotsford	1:55.12
5 Brooks, Powell River	1:56.16
6 W.J. Mouat, Abbotsford	1:56.67
7 Riverside, Port Coquitlam	1:56.80
8 Pinetree, Coquitlam	1:59.30

Event 23 Girls OPEN 200M Free Relay
MR: 1:54.02 1998 UNIVERSITY HILL

1 West Vancouver	1:56.82
2 Nanaimo District	2:00.49
3 Pinetree, <i>Coquitlam</i>	2:01.31
4 South Delta	2:02.06
5 Terry Fox, <i>Port Coquitlam</i>	2:02.90
6 Penticton	2:03.19
7 Lord Byng, <i>Vancouver</i>	2:04.37
8 Little Flower Aca., <i>Vancouver</i>	2:05.28

Event 24 Boys OPEN 200M Free Relay
MR: 1:40.23 1996 McROBERTS

1 Gleneagle, <i>Coquitlam</i>	1:48.30
2 St. George's, <i>Vancouver A</i>	1:51.80
3 St. George's, <i>Vancouver B</i>	1:53.79
4 South Kamloops	1:54.14
5 South Delta	1:54.90
6 Penticton	1:54.91
7 Pinetree, <i>Coquitlam</i>	1:57.45
8 West Point Grey, <i>Vancouver</i>	2:00.05

Event 25 Girls B 100M Free
MR: 1:00.55 2003 C. LANDSIEDEL RBSS

1 Landsiedel, Courtney	RBSS	1:00.55
2 Mah, Shannon	BNOR	1:02.46
3 Peterson, Kevyn	SASS	1:03.77
4 Clark, Megan	SDSS	1:04.01
5 Freschi, Amanda	JLCRO	1:04.78
6 Son, Ga -Yeon	CBEST	1:05.41
7 Lothrop, Kyle	ALB	1:06.30
8 Poon, Gala	LTWED	1:06.65

Event 26 Boys B 100M Free
MR: 53.91 2003 DAVE MACNEIL STMO

1 MACNEIL, Dave	STMO	53.91
2 Roberts, Fraser	STGEO	56.12
3 Smith, Elliot	MCMAT	57.64
4 Davidson, Brad	ARCHB	57.67
5 Bourne, Mitchell	MTSEN	59.74
6 SY, Anthony	VC	1:02.03
7 Cotter, Anthony	SDSS	1:03.85
8 Ritchie, Mark	GES	1:04.21

Event 27 Girls OPEN 100M Free
MR: 57.69 2003 BRITTANY REIMER LDTW

1 Reimer, Brittany	LTWED	57.22
2 Hackett, Shannon	COLL	58.58
3 Lavigna, Lauren	TEMP	59.56
4 Plummer, Ashley	MCROB	1:00.93
5 Poirier-Leroy, Genevi	NAN	1:01.01
6 Ling, Faye	SEAQU	1:01.25
7 Aspinall, Jessica	BALL	1:01.33
8 Dodds, Melanie	WG	1:01.94

Event 28 Boys OPEN 100M Free
MR: 52.08 2000 BRENT HAYDEN

1 Wang, Jackson	SEAQU	53.50
2 Alexander, Richard	CLARE	55.29
3 Jacks, Greer	OAKBY	55.75
4 YI, Tommy	BCENT	56.62
5 Westra-Luney, Derek	BELMT	56.93
6 Cochrane, Ryan	CLARE	57.40
7 NG, Norman	GLENE	57.54
8 Reid, Brad	POMO	58.13

Event 29 Girls B 50M Butterfly
MR: 30.22* 1987 M. ENGMAN CEN

1 Lam, Melissa	WJMO	30.54
2 Lougheed, Caitlin	FNS	31.41
3 Bloodoff, Vanessa	SHSS	31.54
4 Beaton, Sarah	LTWED	32.14
5 Clark, Megan	SDSS	32.39
6 Routtu, Nicole	CHS	32.51
7 Kawabata, Rena	YORK	32.67
8 Freschi, Amanda	JLCRO	32.77

Event 30 Boys B 50M Butterfly
MR: 26.98* 1998 BRETT LEIJFORS

1 Smith, Elliot	MCMAT	28.17
2 MacNeil, Dave	STMO	28.28
3 Wong, Travis	BSOUT	28.67
4 Grey, Matt	GFSS	28.82
5 Morrison, Brad	CHURC	29.35
6 HO, Patrick	CHURC	29.52
7 Kearney, Alex	TIMBR	29.54
8 Woo, Kevin	KWANT	30.99

Event 31 Girls OPEN 100M Butterfly
MR: 1:03.63 1999 JULIE UNRAU UH

1 Hackett, Shannon	COLL	1:03.66
2 Katalowski, Katie	SEMI	1:07.34
3 Salli, Rachelle	WG	1:07.51
4 Crawford, Lauren	STM	1:08.16
5 Daniels, Lauren	CLARE	1:10.32
6 Mulhern, Courtenay	HOLYX	1:10.69
7 Bogetti, Gia	SKSS	1:11.48
8 Brice, Caitlin	NAN	1:15.21

Event 32 Boys OPEN 100M Butterfly
MR: 56.84* 1996 PHILLIP WEISS

1 Alexander, Richard	CLARE	1:01.11
2 Geary, David	ARCHB	1:01.45
3 Jacks, Greer	OAKBY	1:03.02
4 Gomez, Inaki	VC	1:03.31
5 Biskupski, Rory	WESTV	1:03.85
6 Sherwood, Alex	SKSS	1:05.37
7 Cochrane, Ryan	CLARE	1:05.46
8 Killy, David	BURNS	1:06.22

Event 33 Girls B 100M I.M.
MR: 1:10.30 1996 WINNIE LAM WC

1 Landsiedel, Courtney	RBSS	1:10.36
2 Lougheed, Caitlin	FNS	1:11.69
3 Jung, Stephanie	BCENT	1:12.86
4 Mah, Shannon	BNOR	1:13.22
5 Henderson, Carla	DOVER	1:13.86
6 Son, Ga -Yeon	CBEST	1:15.39
7 Summersides, Shannon	LVR	1:16.09
8 Routtu, Nicole	CHS	1:16.33

Event 34 Boys B 100M I.M.
MR: 1:04.11 2003 TRAVIS WONG BSOUT

1 Wong, Travis	BSOUT	1:04.11
2 Landsiedel, Spencer	RBSS	1:04.76
3 Dee, Kevin	MAPLE	1:08.99
4 Kearney, Alex	TIMBR	1:09.08
5 SO, Melvin	STGEO	1:10.06
6 Bourne, Mitchell	MTSEN	1:10.40
7 Frieson, Trevor	EARLM	1:10.94
8 LY, Wilfred	VTECH	1:11.80

Event 35 Girls OPEN 200M I.M.
MR: 2:21.25 2002 BRITTANY REIMER

1 Reimer, Brittany	LTWED	2:19.29
2 Salli, Rachelle	WG	2:24.89
3 Mange, Michelle	MULG	2:25.64
4 Schmuck, Anne	SEMI	2:26.78
5 Lavigna, Lauren	TEMP	2:26.93
6 Dodds, Melanie	WG	2:27.64
7 Daniels, Lauren	CLARE	2:27.68
8 Mulhern, Courtenay	HOLYX	2:28.91

Event 36 Boys OPEN 200M I.M.
MR: 2:04.71 1998 BRIAN JOHNS MC

1 Cochrane, Ryan	CLARE	2:16.44
2 Alexander, Richard	CLARE	2:17.39
3 Geary, David	ARCHB	2:17.54
4 Reid, Brad	POMO	2:19.46
5 Gomez, Inaki	VC	2:20.84
6 Sze, Matt	STGEO	2:21.34
7 Williams, Robbie	BALL	2:25.76
8 Wagner, Andrew	MCROB	2:26.08

Event 37 Mixed B 200M Free Relay
MR: 1:49.39 1995 CENTENNIAL

1 Burnaby Central	1:56.08
2 Centennial, <i>Coquitlam B</i>	1:56.20
3 St. Thomas More, <i>Burnaby</i>	1:58.58
4 Pinetree, <i>Coquitlam</i>	1:59.99
5 Mount Douglas, <i>Victoria</i>	2:00.39
6 Vancouver Technical	2:03.02
7 Dr. Charles Best, <i>Coquitlam</i>	2:03.06
8 Centennial, <i>Coquitlam A</i>	2:03.13

Event 38 Mixed OPEN 200M Free Relay
MR: 1:47.77 1978 LORD BYNG

1 Hugh McRoberts, <i>Richmond</i>	1:50.57
2 Penticton A	1:53.55
3 Semiahmoo, <i>Surrey</i>	1:54.34
4 Lord Byng, <i>Vancouver</i>	1:55.46
5 Terry Fox, <i>Port Coquitlam</i>	1:58.46
6 W.J. Mouat, <i>Abbotsford A</i>	2:01.79
7 Penticton B	2:03.52
8 W.J. Mouat, <i>Abbotsford B</i>	2:09.50

Event 39 Mixed B 200M Medley Relay
MR: 2:06.47 1995 CENTENNIAL

1 Robert Bateman, <i>Abbotsford</i>	2:07.80
2 South Delta	2:10.52
3 Southridge, <i>Surrey</i>	2:11.48
4 Burnaby South	2:16.77
5 W.J. Mouat, <i>Abbotsford</i>	2:17.02
6 Vancouver Technical	2:17.43
7 Burnaby Central	2:17.80
8 Pinetree, <i>Coquitlam</i>	2:19.36

Event 40 Mixed OPEN 200M Medley Relay
MR: 1:57.96 2002 TERRY FOX

1 Hugh McRoberts, <i>Richmond</i>	2:04.45
1 Archbishop Carney, <i>Pt. Coquitlam</i>	2:04.45
3 West Vancouver	2:05.13
4 Semiahmoo, <i>Surrey</i>	2:08.21
5 H.J. Cambie, <i>Richmond</i>	2:08.94
6 Seaquam, <i>Delta</i>	2:09.26
7 Pinetree, <i>Coquitlam</i>	2:11.31
8 Collingwood, <i>West Vancouver</i>	2:12.97



BCSS 2003 PROVINCIAL CROSS COUNTRY CHAMPIONSHIP RESULTS

Date: November 1, 2003
Location: Jericho Beach, Vancouver
Coordinator: Laurier Primeau, St. George's Secondary

TOP TEN BOYS TEAM RESULTS:

- 1 Oak Bay, Victoria 1:47:36.17
- 2 Rick Hansen, Abbotsford 1:47:17.04
- 3 South Peace, Dawson Creek 1:49:25.39
- 4 Earl Marriott, Surrey 1:48:14.25
- 5 St. George's, Vancouver 1:48:54.95
- 6 Penticton 1:50:19.23
- 7 Kelowna 1:50:11.77
- 8 Argyle, North Vancouver 1:51:43.46
- 9 West Vancouver 1:53:32.18
- 10 Claremont, Victoria 1:54:50.71

TOP 25 BOYS INDIVIDUAL RESULTS:

- | | | |
|------------------------|---------------|----------|
| 1 Winter, Chris | Handsworth | 18:56.15 |
| 2 Martinson, Geoff | Prince George | 19:03.08 |
| 3 Keigher, Ryan | Holy Cross | 19:27.74 |
| 4 Marpole-Bird, Justin | St. George's | 19:46.05 |
| 5 Mallie, Daniel | Fraser Valley | 19:58.92 |
| 6 Byle, Jeremy | Kelowna | 20:01.85 |
| 7 Gant, Dylan | Burnaby Ctrl | 20:05.37 |
| 8 Johnston, Jeremiah | Rick Hansen | 20:09.90 |
| 9 Friesen, Kevin | Nanaimo | 20:14.65 |
| 10 Fraser, Seth | Earl Marriott | 20:20.80 |
| 11 Bartha, Jake | Holy Cross | 20:25.63 |
| 12 Fraser, Chad | Earl Marriott | 20:26.58 |
| 13 Hosford, Owen | Arch. Carney | 20:32.64 |
| 14 Garbriel, Ariel | Gleneagle | 20:36.85 |
| 15 Gordon, Chris | Carihi | 20:37.54 |
| 16 Labelle, Michael | Penticton | 20:40.39 |
| 17 Phillips, Roberto | Argyle | 20:41.42 |
| 18 Blackburn, Isaac | Hazleton | 20:49.15 |
| 19 McCartney, Andrew | Claremont | 20:49.99 |
| 20 Childs, Dylan | Ok. Mission | 20:55.01 |
| 21 Withers, Daniel | Rick Hansen | 21:00.18 |
| 22 Hill, Graeme | Dover Bay | 21:04.24 |
| 23 Beveridge, Michael | Earl Marriott | 21:06.59 |
| 24 Park, Matt | Oak Bay | 21:07.70 |
| 25 Struch, Paul | Penticton | 21:10.61 |



2003-04 BCSS Provincial Boys Cross Country Champions:
Oak Bay Secondary, Victoria

BCSS 2003 PROVINCIAL CROSS COUNTRY CHAMPIONSHIP RESULTS

Date: November 1, 2003
Location: Jericho Beach, Vancouver
Coordinator: Laurier Primeau, St. George's Secondary

TOP TEN GIRLS TEAM RESULTS:

- 1 Argyle, North Vancouver 1:17:18.21
- 2 Oak Bay, Victoria 1:19:18.94
- 3 Lambrick Park, Victoria 1:19:47.75
- 4 West Vancouver 1:22:20.85
- 5 Lord Byng, Vancouver 1:22:46.51
- 6 Moscrop, Burnaby 1:24:31.59
- 7 York House, Vancouver 1:24:20.75
- 8 Walnut Grove, Langley 1:25:03.68
- 9 L.V. Rogers, Nelson 1:25:49.98
- 10 Penticton 1:26:14.99

TOP 25 GIRLS INDIVIDUAL RESULTS:

- | | | |
|-----------------------|----------------|----------|
| 1 Ballard, Carmen | Kelowna Chr. | 14:04.14 |
| 2 Bergeron, Shelly | Selkirk | 14:49.09 |
| 3 Chipney, Breanna | Thomas Haney | 14:55.79 |
| 4 Kolstad, Kristen | LA Matheson | 14:57.67 |
| 5 Appelt, Melissa | Holy Cross | 14:58.46 |
| 6 Campbell, Anita | Aldergrove | 15:00.40 |
| 7 Egami, Lisa | Centennial | 15:01.33 |
| 8 Attorp, Adrienne | Lambrick Park | 15:03.91 |
| 9 Groenewoud, C. | Handsworth | 15:09.27 |
| 10 Griffin, August | McRoberts1 | 15:10.46 |
| 11 Berardo, Casey | Argyle | 15:10.96 |
| 12 Akeroyd, Nicole | Lord Byng | 15:12.36 |
| 13 Crofts, Helen | W. Vancouver | 15:15.17 |
| 14 Hudson, Ali | Argyle | 15:17.92 |
| 15 Sweetland, Kirsten | Stelly's | 15:18.24 |
| 16 Ashburner, Claire | Pr. of Wales | 15:25.17 |
| 17 Imlach, Brittany | Little Flower | 15:25.78 |
| 18 Taylor, Kimmy | Lord Byng | 15:26.33 |
| 19 Wilson, Emily | Oak Bay | 15:31.43 |
| 20 Smith, Jessica | Argyle | 15:31.71 |
| 21 Barrett, Lindsey | Argyle | 15:33.09 |
| 22 Gonzales, Bianca | Fraser Heights | 15:36.69 |
| 23 Hall, Amanda | HD Stafford | 15:38.25 |
| 24 Schoch, Teegan | K.L.O. | 15:41.94 |
| 25 Raison, Erinn | Penticton | 15:42.32 |



2003-04 BCSS Provincial Girls Cross Country Champions:
Argyle Secondary, North Vancouver

BCSS 2003 PROVINCIAL GIRLS AA FIELD HOCKEY CHAMPIONSHIP RESULTS

Date: October 29-31, 2003
Location: Burnaby Lake Sports Complex West

FINAL RESULTS:

1. Cowichan, Duncan
2. Hugh Mc Roberts, Richmond
3. Kelowna
4. Brentwood College, Mill Bay
5. Handsworth, North Vancouver
5. South Delta
7. West Vancouver
8. Argyle, North Vancouver
9. Oak Bay, Victoria
10. L.V. Rogers, Nelson
11. Gleneagle, Coquitlam
12. Chilliwack
13. Penticton
14. Robert A. McMath, Richmond
15. Sir Winston Churchill, Vancouver
15. Mount Doug, Victoria

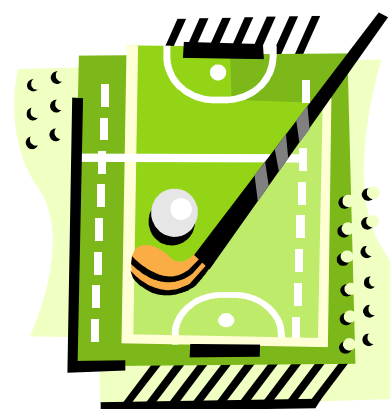
Fair Play: West Vancouver

BCSS 2003 PROVINCIAL GIRLS AAA FIELD HOCKEY CHAMPIONSHIP RESULTS

Date: November 12-14, 2003
Location: Burnaby Lake Sports Complex West

FINAL RESULTS:

1. Lambrick Park, Victoria
2. Southern Okanagan, Oliver
3. Crofton House, Vancouver
4. North Surrey
5. Rossland
6. Collingwood, West Vancouver
7. Hugh Boyd, Richmond
7. J.L. Crowe, Trail
9. St. Michael's University, Victoria
10. Agassiz



**BC SCHOOL SPORTS 2003 PROVINCIAL
BOYS A SOCCER CHAMPIONSHIP RESULTS**

Date: October 30 - November 1, 2003
Location: Whistler
Coordinator: Andrée Janyk, Whistler Secondary

FINAL RESULTS:

1. St. Andrew's, Victoria
2. Soughridge, Surrey
3. A.L. Fortune, Enderby
4. Queen Charlotte
5. Nakusp
6. St. Patrick's, Vancouver
7. St. Ann's Academy, Kamloops
8. Vancouver Waldorf, North Vancouver
9. St. John Brebeuf, Abbotsford
10. Whistler
11. Fort St. James
12. Ashcroft



2003-04 BCSS Provincial Boys A Soccer Champions:
 St. Andrew's Regional School, Victoria



2003-04 BCSS Provincial Boys AA Soccer Champions:
 Lambrick Park Secondary, Victoria

**BC SCHOOL SPORTS 2003 PROVINCIAL
BOYS AA SOCCER CHAMPIONSHIP RESULTS**

Date: October 30 - November 1, 2003
Location: Whistler
Coordinator: Andrée Janyk, Whistler Secondary

FINAL RESULTS:

1. Lambrick Park, Victoria
2. Notre Dame, Vancouver
3. Sutherland, North Vancouver
4. Robert A. McMath, Richmond
5. St. Michaels University, Victoria
6. Fraser Valley Christian, Surrey
7. Archbishop Carney, Port Coquitlam
8. Kwalikum, Qualicum Beach
9. Brookwood, Langley
10. Sa-Hali, Kamloops
11. Mt. Elizabeth, Kitimat
12. Columneetza, Williams Lake
13. Valleyview, Kamloops
14. Westsyde, Kamloops
15. David Thompson, Invermere
16. Correlieu, Quesnel

FAIR PLAY AWARD: Fraser Valley Christian, Surrey

ALLSTARS:

- Mirko Maras, Archbishop Carney
- Jordan Hik, Brookwood
- Matt Hama, Columneetza
- Luke Robson, Correlieu
- Brady Seel, David Thompson
- David Grey, Fraser Valley Christian
- John Pascoe, Kwalikum
- Tyler Beaton, Lambrick Park
- Masumi Turnbull, Robert A. McMath
- Brandon Guerreiro, Mt. Elizabeth
- Nick Graziano, Notre Dame
- Jason Burrows, Sa-Hali
- Taylor Willms, St. Michaels University
- Corey Birza, Sutherland
- Adam Dodgson, Valleyview
- Nate Houchen, Westsyde

GOLDEN BOOT: Nick Graziano, Notre Dame

SOCCER BOY: Lee Yakubowich, Lambrick Park



BC SCHOOL SPORTS 2003 PROVINCIAL BOYS AAA SOCCER CHAMPIONSHIP RESULTS

Date: November 20-23, 2003
Location: Burnaby Lakes Sports Complex West
Coordinator: Randy Coutts, Kitsilano Secondary

FINAL RESULTS:

1. Alpha, Burnaby
2. Oak Bay, Victoria
3. Magee, Vancouver
4. Princess Margaret
5. Fleetwood Park, Surrey
6. Argyle, North Vancouver
7. South Kamloops
8. Seaquam, Delta
9. Dover Bay, Nanaimo
10. Guildford Park, Surrey
11. C. E. London, Richmond
12. L. V. Rogers, Nelson
13. Lord Byng, Vancouver
14. Abbotsford
15. St. George's, Vancouver
16. Duchess Park, Prince George

FAIR PLAY TEAM: L.V. Rogers, Nelson

GOLDEN BOOT & SOCCER BOY:
 Andrew Proctor, Alpha

ALLSTARS:

Hector Hernandez, *Abbotsford*
 Andrew Proctor, *Alpha*
 Matt Hartwell, *Argyle*
 Kent Nagai, *C. E. London*
 Stephan Schweigert, *Dover Bay*
 Adam Ethier, *Duchess Park*
 Vishal Chand, *Fleetwood Park*
 Jag Gill, *Guildford Park*

Scott MacPhail, *Lord Byng*
 David Stegman, *L.V. Rogers*
 Pat Trichler, *Magee*
 Mitch Gudgeon, *Oak Bay*
 Gary Badesha, *Princess Margaret*
 Angus Burke, *Seaquam*
 Wade Johnson, *South Kamloops*
 David Hancock, *St. George's*



2003-04 BCSS Provincial Boys AAA Soccer Champions:
 Alpha Secondary, Burnaby



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BC SCHOOL SPORTS 2003 PROVINCIAL BOYS A VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 20-22, 2003
Location: Smithers
Coordinator: Ron Van Driel, *Bulkley Valley Christian*

FINAL RESULTS

1. Agassiz
2. Richmond Christian
3. Houston Christian
4. Bulkley Valley Christian, *Smithers*
5. Credo Christian, *Langley*
6. Kelowna Christian
7. Langley Christian
8. L'Ecole Brodeur, *Victoria*
9. Elkford
10. Cedars Christian, *Prince George*



BC SCHOOL SPORTS 2003 PROVINCIAL BOYS AA VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 26-29, 2003
Location: Okanagan University College, Kelowna
Coordinator: Rod Belinski, *K.L.O. Middle School*

FINAL RESULTS

- | | |
|--|--|
| 1 M.E.I., <i>Abbotsford</i> | 9 Lambrick Park, <i>Victoria</i> |
| 2 Sa-Hali, <i>Kamloops</i> | 10 Norkam, <i>Kamloops</i> |
| 3 Duchess Park, <i>Prince George</i> | 11 Mark Isfeld, <i>Courtenay</i> |
| 4 Vernon | 12 College Heights, <i>Prince George</i> |
| 5 Prince Charles, <i>Creston</i> | 13 Heritage Park, <i>Mission</i> |
| 6 George Elliot, <i>Winfield</i> | 14 Mt. Elizabeth, <i>Kitimat</i> |
| 7 Fraser Valley Christian, <i>Surrey</i> | 15 Woodlands, <i>Nanaimo</i> |
| 8 Mt. Sentinel, <i>South Sloca</i> | 15 Cariboo Hill, <i>Burnaby</i> |

Most Outstanding Player: Jared Krause, MEI

Allstar Libero: Derek Boutin, *Duchess Park*

- | | |
|--|-------------------------------------|
| First Team Allstars: | Second Team Allstars: |
| BJ Gunther, <i>MEI</i> | Blake Giles, <i>Prince Charles</i> |
| Nathan Veysey, <i>Vernon</i> | Robin Anders, <i>Sa-Hali</i> |
| Drew Venables, <i>Sa-Hali</i> | Kyle Murphy, <i>George Elliot</i> |
| Lyle Boutin, <i>Duchess Park</i> | Darren Johnson, <i>Duchess Park</i> |
| Sean Tombe, <i>Sa-Hali</i> | Devon Krahn, <i>MEI</i> |
| J.Bienkoski-Gibbs, <i>Duchess Park</i> | Darcy Barisoff, <i>Mt. Sentinel</i> |

- Honourable Mention:**
- | | |
|--------------------------------------|----------------------------------|
| Andrew Barwich, <i>Fraser Valley</i> | Kit Williams, <i>MEI</i> |
| Ryan Dennis, <i>Sa-Hali</i> | Mike Olynyk, <i>Mt. Sentinel</i> |
| David Meeks, <i>Prince Charles</i> | Danny Robert, <i>Vernon</i> |
| Joel Bron, <i>Fraser Valley</i> | |

BCSS 2003 PROVINCIAL FOOTBALL CHAMPIONSHIP RESULTS

Date: November 29, 2003
Location: Vancouver - BC Place Stadium
Coordinator: Larry Reda

AAA FINAL RESULTS:

- | | |
|---------------------------------|----|
| St. Thomas More, <i>Burnaby</i> | 20 |
| Rick Hansen, <i>Abbotsford</i> | 7 |

AA FINAL RESULTS:

- | | |
|------------------------------------|----|
| Sentinel, <i>West Vancouver</i> | 34 |
| Handsworth, <i>North Vancouver</i> | 26 |

Junior Varsity

- | | |
|---------------------------|----|
| Vancouver College | 10 |
| Holy Cross, <i>Surrey</i> | 13 |

BC SCHOOL SPORTS 2003 PROVINCIAL BOYS AAA VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 26-29, 2003
Location: Okanagan University College, Kelowna
Coordinator: Rod Belinski, *K.L.O. Middle School*

FINAL RESULTS

- | | |
|-------------------------------------|-------------------------------------|
| 1 Mount Boucherie, <i>Kelowna</i> | 9 Delta |
| 2 North Peace, <i>Fort St. John</i> | 10 Claremont, <i>Victoria</i> |
| 3 Semiahmoo, <i>Surrey</i> | 11 Caledonia, <i>Terrace</i> |
| 4 Kelly Road, <i>Prince George</i> | 11 Riverside, <i>Port Coquitlam</i> |
| 5 Walnut Grove, <i>Langley</i> | 13 Mt. Baker, <i>Cranbrook</i> |
| 6 Elgin Park, <i>Surrey</i> | 14 Burnaby Mountain |
| 7 David Thompson | 15 Kelowna |
| 8 Brooks, <i>Powell River</i> | 15 Burnaby North |

Most Outstanding Player: Kerry Horn, *Mt. Boucherie*

Allstar Libero: Michael Danyluk, *Kelly Road*

- | | |
|--|--------------------------------------|
| First Team Allstars: | Second Team Allstars: |
| Travis McPherson, <i>Mt. Boucherie</i> | Curtis Mayes, <i>Kelly Road</i> |
| Steve Clements, <i>Mt. Boucherie</i> | Ryan Brant, <i>Semiahmoo</i> |
| Mike Wiens, <i>North Peace</i> | Ben Rahier, <i>Brooks</i> |
| Kyle Duperron, <i>North Peace</i> | Kyle Brewer, <i>Elgin Park</i> |
| Jody TeBulte, <i>North Peace</i> | Andrew Battison, <i>Walnut Grove</i> |
| Richard Phillips, <i>Kelly Road</i> | Owen Baker, <i>Mt. Boucherie</i> |

- Honourable Mention:**
- | | |
|---------------------------------------|------------------------------------|
| Mike Davis, <i>Semiahmoo</i> | Andrew Todd, <i>Kelly Road</i> |
| Devon McLeod, <i>North Peace</i> | Jon Syrnyk, <i>Walnut Grove</i> |
| Justin Chan, <i>David Thompson</i> | Kyle Calvert, <i>Mt. Boucherie</i> |
| Spencer Holowachuck, <i>Claremont</i> | |



2003-04 BCSS Provincial Boys A Volleyball Champions: Agassiz Secondary



2003-04 BCSS Provincial AA Football Champions: Sentinel Secondary, West Vancouver

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS A VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 27-29, 2003
Location: Castlegar (Selkirk College)
Coordinator: Joe Moreira, (Mount Sentinel Secondary)

FINAL RESULTS:

- 1 White Rock Christian, Surrey
- 2 Langley Christian
- 3 Highroad Academy, Chilliwack
- 4 Kelowna Christian
- 5 Mount Sentinel, South Slokan
- 6 Immaculata, Kelowna
- 7 MacKenzie
- 8 Cedar Community, Nanaimo
- 9 Ebenezer Canadian, Smithers
- 10 Sparwood
- 11 Houston
- 12 Whistler

MOST OUTSTANDING PLAYER:

Joanna Takeda, White Rock Christian

FIRST TEAM ALLSTARS

Dayna Jansen Van Doorne, Langley Christian
 Natasha Jmaeff, Mt Sentinel
 Katie Woodman, Immaculata
 Lyndsay Maartens, Highroad Academy
 Crystal Craig, White Rock Christian

SECOND TEAM ALLSTARS

Liselle Schon, Langley Christian
 Kara Jansen Van Doorne, Langley Christian
 Mariel Anderson, Highroad Academy
 Joanna Bentley, White Rock Christian
 Amanda Streu, Kelowna Christian
 Erin Makaroff, Mt Sentinel

HONOURABLE MENTION:

Amanda Moreira, Mt Sentinel
 Leah Callahan, Mackenzie
 Ashling Gorges, Immaculata
 Camille Steeves, Kelowna Christian



2003-04 BCSS Provincial Girls A Volleyball Champions:
 White Rock Christian Academy, Surrey

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS A VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 27-29, 2003
Location: Mill Bay (Brentwood College School)
Coordinator: Tony Medina, (Brentwood College School)

FINAL RESULTS:

1. Kalamalka, Vernon
2. M.E.I., Abbotsford
3. St.Thomas Aquinas, North Vancouver
4. St. Patrick's, Vancouver
5. Crofton House, Vancouver
6. Pacific Academy, Surrey
7. Woodlands, Nanaimo
8. Notre Dame, Vancouver
9. Prince Charles, Creston
10. Pleasant Valley, Armstrong
11. Archbishop Carney, Port Coquitlam
12. D.P.Todd, Prince George
13. Lambrick Park, Victoria
14. Brentwood College, Mill Bay
15. Westsyde, Kamloops
16. Prince Rupert

M.V.P

Laura Mireault, St. Thomas Aquinas

MOST SPORTSMANLIKE TEAM – Notre Dame

FIRST TEAM ALLSTARS

Rebecca Warnes, Kalamalka
 Sheena Main, Kalamalka
 Danielle Foth, M.E.I
 Kim Lassen, M.E.I
 Bryanne Baynes, Woodlands
 JoanneLao, St. Patrick's

SECOND TEAM ALLSTARS

Leah Reimer, M.E.I.
 Sarah Urton, Crofton House
 Melaina Dolcetti, Kalamalka
 Laura Nichol, Pacific Academy
 Lydia Shives, St. Thomas Aquinas
 Anita Milkovich, Notre Dame



2003-04 BCSS Provincial Girls AA Volleyball Champions:
 Kalamalka Secondary, Vernon

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS AAA VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 27-29, 2003
Location: Langley (D.W. Poppy & Columbia Bible College)
Coordinator: Anne Heys, (D.W. Poppy Secondary)

FINAL RESULTS:

- 1 Ballenas, Parksville
- 2 Brooks, Powell River
- 3 D.W. Poppy, Langley
- 4 Hugh McRoberts, Richmond
- 5 Elgin Park, Surrey
- 6 College Heights, Prince George
- 7 Little Flower Academy, Vancouver
- 8 Kelly Road, Prince George
- 9 H.J. Cambie, Richmond
- 10 Vernon
- 11 Clarence Fulton, Vernon
- 12 Windsor, North Vancouver
- 13 Duchess Park, Prince George
- 14 North Surrey
- 15 Brookwood, Langley
- 16 J.L. Crowe, Trail

MVP: Keri Philip, Ballenas

FIRST TEAM ALLSTARS:

Allison Skinner, Brooks
 Leah Camenzind, Brooks
 Karen Waddington, D.W. Poppy
 Collen Flooker, Ballenas
 Richelle Walton, D.W. Poppy
 Julie Koepke, Hugh McRoberts

SECOND TEAM ALLSTARS

Liz Cordonier, Little Flower Academy
 Erin Philip, Ballenas
 Kristin Knapp, Hugh McRoberts
 Leah Hurrell, College Heights
 Mandy Hoeltgen, D.W. Poppy
 Heather Hillier, Elgin Park

HONOURABLE MENTION:

Jodi Goodwin, Duchess Park
 Rudi Kitzmann, H.J. Cambie
 Kailee Savage, H.J. Cambie

BC SCHOOL SPORTS 2003 PROVINCIAL GIRLS AAAA VOLLEYBALL CHAMPIONSHIP RESULTS

Date: November 27-29, 2003
Location: Kelowna (Kelowna & Rutland Secondaries)
Coordinator: Teresa Robson, (Kelowna Secondary)

FINAL RESULTS:

- 1 Prince George
- 2 Semiahmoo, Surrey
- 3 Riverside, Port Coquitlam
- 4 Burnaby Central
- 5 Penticton
- 6 Rutland, Kelowna
- 7 Handsworth, North Vancouver
- 8 Mt. Douglas, Victoria
- 9 Nanaimo
- 10 Pinetree, Coquitlam
- 11 Gleneagle, Coquitlam
- 12 Kelowna
- 13 Argyle, North Vancouver
- 14 Belmont, Victoria
- 15 Magee, Vancouver
- 16 Mt. Baker, Cranbrook

MOST OUTSTANDING PLAYER:

Leigh Dreher, Prince George

FIRST TEAM ALLSTARS:

Alex Miller, Prince George
 Janet Graham, Prince George
 Jill Eaden, Semiahmoo
 Elise Ritchie, Riverside
 Jaclyn Dunnett, Burnaby Central
 Livia Campbell, Penticton

SECOND TEAM ALLSTARS:

Christina Chi, Mt. Douglas
 Andrea Litz, Rutland
 Kari Lyster, Riverside
 Jessica Weir, Semiahmoo
 Gina Kastanis, Semiahmoo
 Amie Hadley, Prince George

HONOURABLE MENTION:

Erin Wiskar, Gleneagle
 Caity McMillan, Pinetree
 Laura Littlejohn, Nanaimo
 Lauren Johnston, Handsworth
 Amela Alic, Burnaby Central

Marija Djopa, Burnaby Central
 Courtney Gerwing, Riverside
 Deanna White, Semiahmoo
 Kyla Hunter, Prince George



2003-04 BCSS Provincial Girls AAA Volleyball Champions:
 Ballenas Secondary, Parksville



2003-04 BCSS Provincial Girls AAAAA Volleyball Champions:
 Prince George Secondary

BC SCHOOL SPORTS - Outstanding School Award

In existence since 1989, the BC SCHOOL SPORTS Outstanding School Award is not for the school who has won the most provincial championships, but for those special schools whose commitment to improving the lives of their students and staff through athletics, intramurals, leadership and public service, contribute significantly to the welfare of school athletics in their local community and in B.C. Nominations for the award are self-submitted by Member School.

The perpetual award is a large plaque with a native carving, on display in the BCSS office. The winning school is presented with a gold and royal "Outstanding School Award" banner, for display in their gymnasium or trophy case.

To be eligible, your school must be a BC SCHOOL SPORTS Member School in good standing.

Criteria to be used to rate applicants:

- Extent of extracurricular program;
- Quality and extent of intramural program;
- Staff involvement in coaching and sport administration;
- Participation in various BC SCHOOL SPORTS programs;
- Awards earned, i.e. sportsmanship, individual or team excellence;
- Public Service projects;
- Work done with special populations;
- Fund raising efforts;
- Athletic program's contribution to the school community;
- Special characteristics / activities unique to the school.

THE APPLICATION - DEADLINE March 1st, 2004

Any staff member in a school may initiate an application on behalf of a school. The person applying should submit a letter of application and support material stating why the school should be selected (i.e. a maximum of a 3-page letter or 15 minute video). This support material should address the applicable areas as well as any additional information which would be relevant to the selection committee in their deliberations. In addition, there should be a letter from the Principal explaining the place of extracurricular sport and physical activity programs in the school. The letter of application and support material, including Principal's letter, should be received in the BCSS office by **March 1st, 2004**.

THE SELECTION PROCESS

Deadline for applications is **March 1st, 2004**. Applications postmarked by the deadline will be reviewed and selected by the Management Committee. The successful recipient will be announced at the BC SCHOOL SPORTS Annual General Meeting in May.

SEND APPLICATION TO:

Outstanding School Awards, BC SCHOOL SPORTS
100, 4585 Canada Way, Burnaby, BC V5G 4L6

PREVIOUS RECIPIENTS:

1989	Sands Junior Secondary	<i>Delta</i>
1990	Nechako Valley Secondary	<i>Vanderhoof</i>
1991	West Walley Jr. Secondary	<i>Surrey</i>
1992	Prince Charles Secondary	<i>Creston</i>
1993	Kamloops Sr. Secondary	<i>Kamloops</i>
	Westsyde Secondary	<i>Kamloops</i>
1994	Credo Christian School	<i>Langley</i>
	Georges P. Vanier	<i>Courtenay</i>
1995	Kumsheen Secondary	<i>Lytton</i>
1996	Chase Secondary	<i>Chase</i>
	Killarney Secondary	<i>Vancouver</i>
1997	Alberni District Secondary	<i>Port Alberni</i>
	KLO Secondary	<i>Kelowna</i>
1998	Dover Bay Secondary	<i>Nanaimo</i>
1999	Cowichan Secondary	<i>Duncan</i>
2000	Mt. Boucherie Secondary	<i>Kelowna</i>
2001	George Elliot Secondary	<i>Winfield</i>
	Valleyview Secondary	<i>Kamloops</i>
2002	No award presented	
2003	Penticton Secondary	<i>Penticton</i>
	Hazelton Secondary	<i>Hazelton</i>



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BC SCHOOL SPORTS - Honour Award

PURPOSE

To honour colleagues who have made an outstanding contribution over an extended period of time to athletic programs in the secondary schools in the Province of B.C.

THE AWARD

The award consists of a large, framed certificate with the honorees name and a special Honour Award pin. The recipient also receive a "Gold Card" which entitles the honoree plus a guest to attend any BC SCHOOL SPORTS Provincial Championship. The honoree's name is engraved on a perpetual plaque which is displayed in the BC SCHOOL SPORTS office.

ELIGIBILITY CRITERIA

- Must have been actively involved in BCSS programs (e.g. coach, member of the Executive of an Athletic Association or Sport Commission, member of the BCSS Board, etc.)
- Must be or have been a teacher or school administrator
- Must not currently be a member of the BCSS Board of Directors

NOMINATION AND SELECTION PROCEDURE

Nomination letters with support data must be at the BC SCHOOL SPORTS office, 100, 4585 Canada Way, Burnaby, BC V5G 4L6 by **March 1st, 2004**.

The Management Committee will be responsible for reviewing the nominations and selecting the recipients. All nominations will be maintained in a active file and an individual not selected in the first year of nomination will be considered in subsequent years.

The documentation must include:

- a) Names, current addresses and telephone numbers of nominee and nominator.
- b) Coaching involvement in Secondary School Athletics (e.g. number of years, the sports and highlights).
- c) Administrative involvement in Secondary School Athletics (e.g. at the school level, association level and provincial level).
- d) Summary of other outstanding contributions to Secondary School Athletics.

PREVIOUS RECIPIENTS:

1986	Don McIntrye Van Morrison	<i>Kelowna Vancouver</i>
1987	Dan Doyle Hugh Marshall Ron Van Dolah Ruth Wilson	<i>Coquitlam Vancouver Vanderhoof Vancouver</i>
1988	Don Hartwig	<i>Victoria</i>
1989	Jack Armour Verna Chernoff Bob Gair Chandra Madhosingh	<i>Vancouver Castlegar New Westminster Vancouver</i>
1990	Jack Buckham Barry Callaghan Doug Harshbarger Matt Phillips	<i>Kamloops North Vancouver Vanderhoof Richmond</i>
1991	Bob Ferguson	<i>Creston</i>
1992	Dave Gifford Bob Jackson Vera Williamson	<i>Vancouver Richmond Surrey</i>
1993	Ed Carlin Stan Lawson Jim Stewart	<i>White Rock Vancouver Coquitlam</i>
1994	Marty Cross	<i>Nanaimo</i>
1995	Bill McNulty Clive Hughes	<i>Vancouver Vancouver</i>
1996	Gary Haensgen Earl Henderson Ed Pedersen Mike Smith Bob Stebbings	<i>Vancouver North Vancouver North Vancouver West Vancouver South Delta</i>
1997	Darlene Currie Stan Gill Roger Kronquist	<i>Vancouver Victoria West Vancouver</i>
1998	Jack May Marion McNeill	<i>Kelowna Delta</i>
1999	Gayle Guest Bill Parnell Barry Stewart Doug Sturrock Jack Tsaka	<i>Richmond North Vancouver Abbotsford Vancouver North Vancouver</i>
2000	Len Corben Barry Kingsley	<i>North Vancouver Kelowna</i>
2001	Vic Bifano Moe Williams	<i>Kamloops North Vancouver</i>
2002	Neil Murray Rod Vance	<i>South Delta Vernon</i>
2003	Mike Charlton	<i>Richmond</i>

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.

SPORTSAID 2003 COURSES

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.

DATE	LOCATION-HOST	PHONE
Athletic Taping		
Feb. 28, 29, 2004	New Westminster, Douglas College	604-473-4850
April 3 & 4, 2004	Abbotsford, U.C. of the Fraser Valley	604-473-4850
Sports First-Aid		
Jan. 24, 2004	New Westminster, Douglas College	604-473-4850
March 6, 2004	Abbotsford, U.C. of the Fraser Valley	604-473-4850
NEW! SPORTSAID REFRESHER		
May 8, 2004	New Westminster, Douglas College	604-473-4850
**Closed Registration. For more information on this course, please contact SportMedBC at (604) 473-4850.		
SportsAid: 9am - 12:45pm		
Athletic Taping: 1pm - 5pm		



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

NCCP Technical Coaching COURSES

The following Provincial Sport Organizations are offering Technical Coaching certification courses for January 2004 through March 2004.

BADMINTON BC www.badmintonbc.com
Level 2 Technical
Location: Vancouver Lawn Tennis & Badminton Club - Vancouver
Date: January 9-11, 2004
Cost: \$150
Register with Badminton BC - (604) 737-3030
Level 1 Technical
Location: Nanaimo
Date: January 16, 17, 2004
Cost: \$65 plus \$40 for manual (required)
Register with Alf McGuire - (250) 756-0555
BASKETBALL BC www.basketball.bc.ca
 (Contact Steve Dynie at 604-718-7490 or email: sdynie@basketball.bc.ca unless otherwise directed)
Level 1 Technical and CAP Course
When: January 17, 2004 9am-4pm
Where: Burnaby North Secondary School
Cost: \$85.60(Includes GST)
Coaching Achievement Program (CAP)
When: Saturday February 7th, 9am - 4pm
Where: Coquitlam @ Pinetree Community Centre, 1250 Pinetree Way
Cost: \$69.55 (Includes GST)
CURL BC www.curlbc.bc.ca (Contact the Curl BC office: Phone: 1-800-667-2875 or 604-737-3040 Fax: 604-737-1476)
Level 1
DATE: Feb. 28 & 29 **LOCATION:** Kelowna (Merle Auty 250-861-4500) **COST:** \$80

FIELD HOCKEY BC www.fieldhockeybc.com
BC High Performance Coaching Seminar
DATE: Fri, Jan 9 - Sun, Jan 11
NOTE: This is the annual High Performance Coaching Seminar. This is your only opportunity in 2004 to complete NCCP Technical Level 2 or Level 3.
LOCATION: UBC Osborne Building
GYMNASTICS BC www.gymnastics.bc.ca
Level 2 Trampoline Course
DATE: March 12-14, 2004
LOCATION: Courtenay
CONTACT: Jane Randazzo 604-737-3139
Level 2 Artistic Course
DATE: March 12-15, 2004
LOCATION: Quesnel
CONTACT: Jane Randazzo 604-737-3139
TENNIS BC www.tennisbc.org
Instructor (Tennis Coordinator)
DATE: March 12-14, 19-21
LOCATION: Grant Connell Tennis Centre
CONTACT: Wayne Elderton
VOLLEYBALL BC www.bcva.com
Level 1 - Community
DATE: January 10 & 11
LOCATION: Harry Jerome Sports Center
Level 2 - Provincial
DATE: January 16-18
LOCATION: Harry Jerome Sports Center
CONTACT: Rae Mitchell: techdirector@volleyballbc.ca

continued next page



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 through 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!

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NCCP Technical Coaching COURSES *continued*

BC SOCCER www.bcsoccer.net

B Provincial

DATES: January 2, 3, 4, 9, 10, 11

LOCATION: Victoria

CONTACT: BC Soccer 604-299-6401

CCY

DATES: February 7 & 8

LOCATION: Kelowna

CONTACT: Andrew Latham, okanaganrtc@telus.net

CCS

DATES: February 21 & 22

LOCATION: Kelowna

CONTACT: Andrew Latham, okanaganrtc@telus.net

CCY

DATES: March 6 & 7

LOCATION: Seabird Island

CONTACT: Stacy, stacymcneil@seabirdisland.ca

CCY

DATES: March 27 & 28

LOCATION: Nelson

CONTACT: Noreen Clayton, 250-352-0730

CCS

DATES: March 27 & 28

LOCATION: Nelson

CONTACT: Noreen Clayton, 250-352-0730



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COACHES' CORNER



PARENTS IN THE STANDS:

Losing Perspective Through Tunnel Vision

By Dr. Keith Wilson

One of the newer challenges of coaching high school athletes is to incorporate mental skills training so that young athletes are not just learning physical skills, but also developing their mental performance skills. These mental skill performance principles help players perform better on the field because they help harness the performance anxiety an athlete often feels before and during a game.

These same kinds of performance principles also help parents act better while watching from the stands. As I observe parents at high school athletic events, it is evident that parents experience anxiety just like their teens on the field.

Probably the biggest obstacle to high-level performance for a young athlete is anxiety. Young athletes don't necessarily recognize it as anxiety, but they sure know the symptoms. They recognize when their stomach has that strange churning feeling and they feel like throwing up. They know when it is harder to breathe and their heart is racing. They know when it seems like all the action is in fast motion. They are relieved to some extent when a coach or trainer tells them it means they are experiencing "performance anxiety." They can learn mental performance skills to help contain and utilize this anxiety. When athletes can do this, they are more likely to move into "the zone" where everything seems to work perfectly on the playing field.

Parents experience anxiety while they are in the stands as well. Each sport creates its own level of anxiety in parents. It may depend upon the level of contact in the sport or the skill level of the participants, but most parents start living the game with their sons and daughters. They can see themselves on the field, and they can feel the muscles twitch in their body as they feel their son catch a pass and then fumble the ball. Or, they feel the elation when their daughter hits a home run. Most parents live through their children to some extent while their child is on the athletic field.

When parents start to experience an intense identification with their children, they are entering the "intensity web". Unfortunately, parents do not have the same outlet for the release of building intensity that players do during a game. Parents can't block the opponent. They can't dribble the basketball and focus their anxiety on that activity. Parents have to stay on the sideline or in the stands while tension builds in the "intensity web."

When the intensity level increases, the ability to think clearly decreases. When the intensity level get too high, parents start to experience "tunnel vision". They literally lose sight of what is important in high school sports. Tunnel vision is often the reason parents act out at their son's high school football game or the daughter's volleyball game.

When parents experience tunnel vision, these five negative responses can happen at the athletic contest:

1) Parents forget that officials are human.

In most high school athletic leagues, the officials live in the local community. They may be your co-workers; their kids may attend the same activities as yours and they may even go to the same church. Yet, as long as they are wearing striped shirts and a whistle around their necks, too many parents feel that officials are fair game for verbal abuse.

Such abuse happens even before a parent starts to experience tunnel vision, and it only gets worse when a parent completely loses perspective. Tunnel vision prompts the abusive parent to say things he or she would never say to a co-worker, friend or neighbour. Sadly, the abuse often turns personal. Simply put, such abuse has no place in interscholastic sports and should not be tolerated. Ever.

2) Parents forget their parental role.

Parents devote an incredible amount of time teaching their sons and daughters life skills, lessons and values. Parents want their kids to know how to treat people and communicate properly with adults. Yet, when the parent is in tunnel vision, all of the values that have been taught to the child no longer seem to matter. Somehow, it seems ok to verbally attack the players on the other team or to humiliate the game officials. All of a sudden, it seems right to set a bad example for your own offspring.

3) Team goals are forgotten.

Before the season starts, the coach and players create team goals. These are process and outcome milestones the team want to accomplish during its playing season. Parents should be informed of these goals. Hopefully, the team will also communicate to parents what their place is in the team's goals.

Parents probably believe that a healthy playing environment is important for the team. They probably believe that parents should be supportive of their athletes. But once they get caught in the intensity web and move into tunnel vision, often all of these team goals are forgotten. When parents forget the team goals, they often will feel justified acting out in the stands and feel powerless to curb their obvious lack of person control.

4) Parents forget what their child wants from them.

Players do not want parents yelling at the coach. They clearly do not want a game official, school administrator or security officer to ask them to leave the premises of the playing field. Nor do they want them to yell during or after the game. Upon reaching adolescence many players quit playing sports because of the problems their parents cause at games or at home.

5) Parents forget that the opponent is someone else's son or daughter.

The players on the other team may be friends with your child in other contexts. They may know each other from club sports, other extracurricular activities or even from church. Even if they are from out of town, they are adolescents, with parents just the same. If parents have tunnel vision, players in the other uniform now become the epitome of evil and somehow "deserve" any abuse that they happen to dish out. When players on the opposing team are demonized, then it is easier to abuse them.

As fans, we want to celebrate the level of competition on the playing field. The better the competition, the better both teams will play. Respect the fact that they are good players and are providing solid competition for the event.

Avoid Tunnel Vision - Enjoy the Game

When parents commit to creating a positive environment for high school teams, the level of performance increases. When parents are not creating distractions in the stands players are more likely to play at the highest level for which they have been trained. It is not good enough for parents to say "I will be good at my son's football game." Parents have to work to be in a positive zone while in the

Continued from previous page...

stands. When parents understand that performance anxiety can affect them in ways similar to athletes on the field, then they are more willing to work on strategies to help them stay focused in the stands. As parents utilize performance principles, they know they are not creating distractions for the players on the field.

The performance equation for high school sports is pretty simple. Positive playing environments lead to better playing performances on the field.

About the Author: Dr. Wilson is a psychotherapist and performance consultant in El Paso, Texas. He has been instrumental in the design and implementation of the mandatory parent program in El Paso, as well as the design of the Performance Partners program for the Iowa Soccer Association. He can be reached at Wilson@TheWinningMind.com

Courtesy IAA - Volume 30, #2, Winter 2003

FAIR PLAY CODE FOR PARENTS

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his or her enjoyment, not mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

BC SCHOOL SPORTS . . . Reports!



BC Dairy Foundation Milk Run Report:

The 25th Annual BC Dairy Foundation Milk Run raised approximately \$30,000.00 from 145 schools received to date. A total of 156 schools and 81,000 students participated in the fundraising activities this year.

The Top 10 Donors were:

- Charles E. London Secondary, *Richmond*
- Beaver Valley Middle School, *Stewart*
- St. Margaret's School, *Victoria*
- J.L. Crowe Secondary, *Trail*
- Dr. Knox Middle School, *Kelowna*
- Credo Christian Secondary, *Langley*
- Tamanawis Secondary, *Surrey*
- Vancouver Technical Secondary
- Mount Boucherie Secondary, *Kelowna*
- Frank Hurt Secondary, *Surrey*



Andrea Robinson, BC Disabled Skiers, accepting the cheque from Brian Lynch, BCSS President - October 18, 2003



Susan Flannagan, BC Blind Sports (l), Shenia Sweetman, CNIB and Brian Lynch, BCSS President.

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Sports Accommodation Programs available at these participating hotels. From January 1st 2002 to February 1st 2003.

- Abbotsford (Vancouver Area) 604-859-6211
- Kelowna 250-763-0500
- ▲ Langley 604-882-2000
- ▲ North Vancouver 604-985-3111
- ◆ Osoyoos 250-495-7223
- ▲ Salmon Arm 250-832-7711
- ★ Vancouver-Airport 604-821-1818
- Vancouver-Centre (Broadway) 604-273-8080
- Vancouver-Coquitlam 604-879-0511
- ★ Vancouver-Downtown 604-931-4433
- ▼ Vancouver-Metrotown (Burnaby) 604-684-2151
- Vancouver-Northshore 604-438-1881
- ★ Westbank 604-987-4461
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▲ Langley	✓			✓		✓	✓	✓	✓	15
▼ North Vancouver				✓		✓	✓	✓		10
◆ Osoyoos				✓		✓	✓	✓		20
▲ Salmon Arm				✓		✓	✓	✓		15
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BC SCHOOL SPORTS . . . Reports! *continued*



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Download the application form from the BC SCHOOL SPORTS website (www.bcschoolsports.ca) or talk to your coach or athletic director.

Application deadline: April 17th, 2004.



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The Shreddies Soccer Scholarship is a scholarship opportunity for outstanding soccer players graduating in 2003-2004.

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Download the application form from the BC SCHOOL SPORTS website (www.bcschoolsports.ca) or talk to your coach or athletic director.

Application deadline: June 10th, 2004.

BC SCHOOL SPORTS



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BC SCHOOL SPORTS

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St. Margaret's, *Victoria*
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2003- 2004 PUBLICATIONS

Annual Handbook & Directory
BC SCHOOL SPORTS *Report* (online)
Accommodation Directory
Championship Souvenir Programs
Sport Commission Handbooks
Sport Resource Catalogue

2003 - 2004 SERVICES

Member School Registration (online)
Sport Participation Data Base
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JAN-MAR. 2004 NATIONAL COACHING CERTIFICATION PROGRAM

For information about Home Study NCCP Courses, contact:

Dr. Eric Broom
2550 York Ave.
Vancouver, BC
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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.



**3M National
Coaching
Certification
Program**

DATE	LOCATION	HOST	CONTACT #
NCCP THEORY LEVEL 1			
Jan 10, 11	Fort St. John	Fort St. John Sports Council	(250) 785-6981
Jan 17, 18	New Westminster	Douglas College	(604) 527-5492
Jan 17, 18	Vancouver	Langara College	(604) 323-5322
Jan 23, 24	Powell River	Powell River Leisure Services	(250) 485-8902
Jan 24, 25	Nanaimo	PacificSport - Nanaimo	(250) 828-3583
Jan 24, 25	Kelowna	PacificSport - Okanagan	(250) 490-2426
Feb 1, 2	Burnaby	Simon Fraser University	(604) 291-4142
Feb 8, 15	Victoria	University of Victoria	(250) 721-7282
Feb 21, 22	Saanich	Pearkes Rec Centre - Saanich Rec.	(250) 388-6664
Feb 21, 22	Vancouver	Langara College	(604) 323-5322
Feb 21, 22	North Vancouver	North Van Recreation Commission	(604) 983-6508
Mar 6, 7	Vernon	Greater Vernon Parks & Recreation	(250) 545-6035
Mar 13, 14	New Westminster	Douglas College	(604) 527-5492
Mar 14, 15	Maple Ridge	West Coast Kinesiology	(604) 467-7322
Mar 20, 21	Salmon Arm	Okanagan University College	(604) 804-8888
Mar 20, 21	Saanich	Pearkes Rec Centre - Saanich Rec.	(250) 388-6664
NCCP THEORY LEVEL 2			
Jan 16-18	Fort St. John	Fort St. John Sports Council	(250) 785-6981
Jan 16-19	New Westminster	Douglas College	(604) 527-5492
Jan 17, 20, 27 Feb 3, 10	Quesnel Continuing & Adult Education SD #28		(250) 983-6900
Jan 23-25	Vancouver	Langara College	(604) 323-5322
Jan 23-25	North Vancouver	North Van Recreation Commission	(604) 983-6508
Feb 6-8	Kelowna	PacificSport - Okanagan	(250) 490-2426
Feb 6-8	Maple Ridge	West Coast Kinesiology	(604) 467-7322
Feb 22, 23	Burnaby	Simon Fraser University	(604) 291-4142
Feb 27-29	Vancouver	Langara College	(604) 323-5322
Mar 12-15	New Westminster	Douglas College	(604) 527-5492
Mar 22-24, 27	Victoria	University of Victoria	(250) 721-7282
Mar 26-27	Kamloops	PacificSport - Interior BC	(250) 828-3583
Mar 26, 27	Vernon	Greater Vernon Parks & Recreation	(250) 545-6035
NCCP THEORY LEVEL 3			
Jan 23, 25, Feb 21, 22	Langley	PacificSport - Fraser Valley	(604) 557-4021
Feb 7, 8, Mar 6, 7	North Vancouver	Western Leisure Consultants	(604) 731-7066
Feb 7, 8, Mar 6, 7	Kamloops	PacificSport - Interior BC	(250) 828-3583
Feb 14, 15, 21, 22	Fort St. John	Fort St. John Sports Council	(250) 785-6981

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