

In the Winter Issue:

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

Vol. 10, No. 2 Winter 2003



# Report

# BC SCHOOL SPORTS



**Provincial Boys AAA Soccer Champions**  
North Delta Secondary



**Provincial Girls AA Volleyball Champions**  
St. Patrick's Regional, Vancouver

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## F.Y.I.

### NBA CANADA SPORTSMANSHIP AWARDS

Once again in 2002-2003, NBA Canada is pleased to offer two sportsmanship awards to British Columbia school basketball teams. The NBA is offering this program to the provincial school sport associations across the country, and each province determines how the award recipients will be selected.

In BC, as each of the 6 senior basketball championships have well established fair play awards, the BCSS Board and Basketball Commissions decided that the NBA Canada sportsmanship awards should be open to all basketball teams. Any grade 8, 9, junior or senior team can be nominated for the NBA Canada Sportsmanship awards.

The NBA Canada Sportsmanship banners were first awarded in 2000-01 and were presented to deserving recipients Royal Oak Middle School Grade 8 Boys Basketball team, and to the Lake Cowichan Secondary Sr. Girls Basketball team. The banners were not awarded last year due to the winter season disruption.

#### How To Apply?

A school team can self-nominate or be nominated by another team or school. The letter of application should be no longer than 300 words (typed) and should describe the team's season and the particular incident or the over-all reason that this team should be considered for an NBA Canada Sportsmanship banner.

Two banners will be awarded, one to a girl's team, and one to a boy's team. The schools must be members of BC SCHOOL SPORTS, and the teams must be registered with BCSS (junior or senior) or the local athletic association (grade 8 or grade 9 teams).

Letters of application should be submitted to the BCSS office (604-737-9844 – fax) on school letterhead by February 28, 2003. The application can come from a coach, teacher, parent or group of students, but the school Principal should co-sign the letter of application.

Applications are due February 28, 2003.



## SPECIAL LEADERSHIP SCHOLARSHIP FOR GRADUATING GIRLS

The Carol Anne Lethren Leadership and Sport Scholarship is being administered by the Canadian Olympic Committee to support the development of outstanding high school students in Canada. It will support young women who demonstrate the potential to reach Carol Ann Lethren's vision and capabilities, and who aspire to the same core Olympic values of "excellence, Leadership, Respect, Human Development, Fun, Fairness and Peace."

A complete outline of the scholarship eligibility requirements can be found on the BCSS web site under "Scholarships and Awards". It is a national, 3-year, \$1,500 per year, scholarship. The applications are due February 28<sup>th</sup>, so please pass this information to a deserving student in your school.

## UPCOMING CONFERENCES

### BC SCHOOL SPORTS

#### *SPIRIT OF COACHING CONFERENCES*

Check out Coach's Corner for information on these upcoming BC SCHOOL SPORTS Spirit of Coaching Conferences:

#### *Regional Conference*

Monday February 24 at Ballenas Secondary in Parksville

#### *Spring Spirit of Coaching Conference*

Friday May 9 at SFU in Burnaby (AGM is May 10<sup>th</sup>)

#### *Regional Conference*

Friday May 16 at Prince Charles Secondary in Creston

All school coaches are welcome to register for any and all of the conferences. The "regional" conferences are located outside of major metro areas for the benefit of schools located in the outlying associations and zones.

BC SCHOOL SPORTS



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### INTRAMURAL RECREATION CONFERENCE

April 11 – 12, 2003 in Grand Bend, Ontario


“The conference committee has assembled a group of dynamic speakers to cover a broad spectrum of subjects related to physical education, dance, health, intramurals and recreation. The conference is ideally suited for teachers, health promoters, intramural coordinators and recreation professionals.”

For more information, contact the CIRA Ontario office at 905-575-2083 or by e-mail [Rachel-anne.durber@mohawkcollege.ca](mailto:Rachel-anne.durber@mohawkcollege.ca)

## Look for these Upcoming Winter Championship Results... in the next BCSS Report:

Date:	Event	Location	Host
Feb.27 - Mar.1	Wrestling - Boys' & Girls'.....	Abbotsford .....	W.J. Mouat Secondary
March 3-5	Skiing / Snowboarding .....	Invermere - Panorama Resort .....	David Thompson Secondary
March 5-8	Basketball - Boys' A .....	Chilliwack .....	Highroad Academy
	Basketball - Boys' AA .....	Kamloops - U.C.C. ....	Brocklehurst Secondary
	Basketball - Girls' A .....	Osoyoos .....	Osoyoos Secondary
	Basketball - Girls' AA .....	Kamloops - U.C.C. ....	Brocklehurst Secondary
	Basketball - Girls' AAA .....	North Vancouver - Capilano College ...	Steveston Secondary
	Curling - Boys' & Girls' .....	Chilliwack - Hope .....	Hope Secondary
March 6-8	Gymnastics .....	North Vancouver .....	Seycove Community School
March 11-15	Basketball - Boys' AAA .....	Vancouver - PNE Agrodome .....	B.C.H.S.B.B.A.
April 3-5	Badminton .....	Prince George.....	Kelly Road Secondary

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Ray Kroc, founder of McDonald's

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	Navy	X-Large / XX-Large	
	Burgundy	X-Large / XX-Large	

**T-shirts @ \$14 each** (navy colour only available in specified sizes)

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 Broadway, Vancouver BC V6H 4A9 (604) 737 - 3066 (T), (604) 737-9841 (F)

# 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 Schools.

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.

## ELIGIBILITY CRITERIA

Applicants must be a **BC SCHOOL SPORTS** Member School in good standing;

## ADDITIONAL CRITERIA TO BE USED TO EVALUATE 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 1<sup>st</sup>, 2003

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 1<sup>st</sup>, 2003**.

## THE SELECTION PROCESS

Deadline for applications is **March 1<sup>st</sup>, 2003**. 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  
330 - 1367 West Broadway  
Vancouver, B.C. V6H 4A9

## PREVIOUS RECIPIENTS:

1989	Sands Junior Secondary	<i>Delta</i>
1990	Nechako Valley Secondary	<i>Vanderhoof</i>
1991	West Whalley Jr. Secondary	<i>Surrey</i>
1992	Prince Charles Secondary	<i>Creston</i>
1993	Kamloops Senior 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.	

# 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 receives a "Gold Card" which entitles the honoree plus a guest to attend any **BC SCHOOL SPORTS** Provincial Championship. The honorees 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
- Cannot be a current member of the BCSS Board of Directors

## NOMINATION AND SELECTION PROCEDURE

Nomination letters with support data must be at the BC SCHOOL SPORTS office, 330 - 1367 West Broadway, Vancouver, BC V6H 4A9 by **March 1<sup>st</sup>, 2003**.

The Management Committee will be responsible for reviewing the nominations and selecting the recipients. All nominations will be maintained in an 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 (eg. number of years, the sports and highlights).
- c) Administrative involvement in Secondary School Athletics (eg. at the school level, association level and provincial level).
- d) Summary of other outstanding contributions to Secondary School Athletics.

## PREVIOUS RECIPIENTS:

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

**BC SCHOOL SPORTS 2002 PROVINCIAL FOOTBALL CHAMPIONSHIP RESULTS**

**Date:** November 30, 2002  
**Location:** Vancouver, BC Place Stadium  
**Coordinator:** Larry Reda

**AAA CHAMPIONSHIP FINAL RESULTS**

- 1. W.J. Mouat, *Abbotsford* 52
- 2. Vancouver College 27

**AA CHAMPIONSHIP FINAL RESULTS**

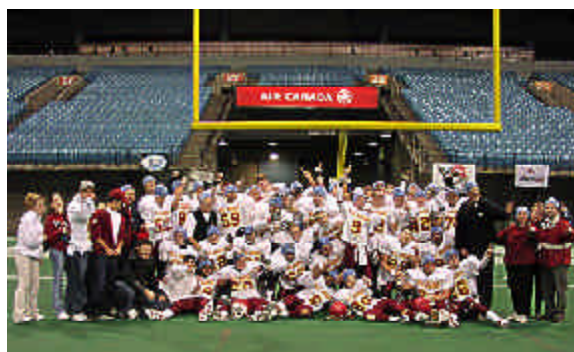
- 1. Ballenas, *Parksville* 48
- 2. Windsor, *North Vancouver* 21

**JUNIOR FINAL RESULTS**

- 1. Rick Hansen, *Abbotsford* 28
- 2. Handsworth, *North Vancouver* 27

**GRADE 8 FINAL RESULTS**

- 1. St. Thomas More, *Burnaby* 14
- 2. Maple Creek, *Port Coquitlam* 6



**Provincial AAA Football Champions**  
*W.J. Mouat, Abbotsford*



**Provincial AA Football Champions**  
*Ballenas, Parksville*

**BC SCHOOL SPORTS 2002 PROVINCIAL BOYS AA SOCCER CHAMPIONSHIP RESULTS**

**Date:** November 18-20, 2002  
**Location:** Burnaby Lakes West Complex  
**Coordinator:** Don Moslin, *Woodlands Secondary*

**FINAL RESULTS**

- 1. Notre Dame, *Vancouver*
- 2. Archbishop Carney, *Port Coquitlam*
- 3. Seycove, *North Vancouver*
- 4. Lambrick Park, *Victoria*
- 5. St. Michaels, *Victoria*
- 6. Langley
- 7. Kamloops
- 8. M.E.I., *Abbotsford*
- 9. Hugh Boyd, *Richmond*
- 10. Gulf Islands, *Salt Spring Island*
- 11. Caledonia, *Terrace*
- 12. Fernie
- 13. Columneetza, *Williams Lake*
- 14. Pleasant Valley, *Armstrong*
- 15. D.P. Todd, *Prince George*
- 16. Sa-Hali, *Kamloops*

**MVP:** Gianluca Zavarise, *Notre Dame*

**Fair Play Award:** Pleasant Valley, *Armstrong*

**1<sup>st</sup> Team All-Stars**

- Tyler Dege, *Archbishop Carney*
- Grant Fedorak, *Lambrick Park*
- Craig Cavin, *St. Michaels University*
- Jarek Jaskiewicz, *Kamloops*
- Brian Fancy, *Notre Dame*
- Mirko Maras, *Archbishop Carney*
- Dylan Hughes, *Seycove*
- Mike D'Agostino, *Langley*
- Gianluca Zavaise, *Notre Dame*
- Alain McGladdery, *M.E.I.*
- Steve Matkovic, *Lambrick Park*

**2<sup>nd</sup> Team All-Stars**

- Lucas Barrett, *Hugh Boyd*
- Gordie Ackerman, *Gulf Islands*
- Matt Arruda, *Caledonia*
- Nicholas Gonsalvez, *Fernie*
- Geoff Buchanan, *Columneetza*
- Kyle Halverson, *Pleasant Valley*
- Niccolo Urberti, *DP Todd*
- Mitch Yrjola, *Sa-Hali*
- Adam Spindor, *Archbishop Carney*
- Drew Gelley, *Seycove*
- Brian Barazzuol, *Notre Dame*



**Provincial Boys AA Soccer Champions**  
*Notre Dame, Vancouver*

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## BC SCHOOL SPORTS 2002 PROVINCIAL BOYS AAA SOCCER CHAMPIONSHIP RESULTS

**Date:** November 21-23, 2002  
**Location:** Burnaby Lakes West Complex  
**Coordinator:** Randy Coutts,  
*Kitsilano Secondary*

### FINAL RESULTS

1. North Delta (*Pictured on front cover*)
2. Alpha, *Burnaby*
3. Centennial, *Coquitlam*
4. Riverside, *Port Coquitlam*
5. Stelly's, *Saanichton*
6. London, *Richmond*
7. Oak Bay, *Victoria*
8. Killarney, *Vancouver*
9. Abbotsford
10. Penticton
11. Timberline, *Campbell River*
12. Fleetwood Park, *Surrey*
13. L.V. Rogers, *Nelson*
14. Burnaby South
15. Magee, *Vancouver*
16. Quesnel

**MVP:** Nigel Marples, *North Delta*

### 1<sup>st</sup> Team All-Stars:

Andrew Proctor, *Alpha*  
 Anthony Marello, *Alpha*  
 Casey Wilson, *North Delta*  
 Kris Johannson, *North Delta*  
 Diaz Komberg, *Centennial*  
 Jeremy Boileau, *Centennial*  
 Tyler Rosenluno, *Riverside*  
 Patrick Gawrys, *Stelly's*  
 Mitch Gudgeon, *Oak Bay*  
 Vischal Chano, *Fleetwood Park*  
 Sundeep Puni, *Killarney*

### 2<sup>nd</sup> Team All-Stars:

Daniel Rojic, *Alpha*  
 Kyle Freeman, *North Delta*  
 Jerry Gill, *Riverside*  
 Kentaro Nagai, *London*  
 Keegan O'Neill, *Timberline*  
 Johannes WestPhalen, *Penticton*  
 James Riehl, *Abbotsford*  
 Ryan Creamdre, *Quesnel*  
 Tommy Loewe, *Burnaby South*  
 Joey Martin, *L.V. Rogers*  
 Dave Emlan, *Magee*

## BC SCHOOL SPORTS 2002 PROVINCIAL BOYS AAA & AA VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 27-30, 2002  
**Location:** Kelowna (Okanagan University College)  
**Coordinator:** Rod Belinski, *K.L.O. Middle School*

### AAA FINAL RESULTS

1. Penticton
2. Mt. Boucherie, *Kelowna*
3. Claremont, *Victoria*
4. Walnut Grove, *Langley*
5. Kelly Road, *Prince George*
6. North Peace, *Fort St. John*
7. Kelowna
8. Burnaby North
9. Gleneagle, *Coquitlam*
10. Gladstone, *Vancouver*
11. Centennial, *Coquitlam*  
*tied Delta*
13. Oak Bay, *Victoria*
14. David Thompson, *Invermere*
15. Burnaby South  
*tied Semiahmoo, Surrey*

**MVP:** Owen McLean, *Penticton*

### 1<sup>st</sup> Team All-stars:

Dan Peters, *Walnut Grove*  
 Terry Major, *Penticton*  
 Hayden Courville, *Mt. Boucherie*  
 Craig Sorenson, *Kelly Road*  
 Kyle Westgate, *Penticton*  
 Colin Lundeen, *Claremont*

### 2<sup>nd</sup> Team All-stars:

Chad Hunter, *Mt. Boucherie*  
 Adam Parliament, *Penticton*  
 Nigel Poitras, *Penticton*  
 Sean Tassek, *Claremont*  
 Jeff Barth, *Mt. Boucherie*  
 Steve Evans, *Walnut Grove*

### Honourable Mentions

Sean Sedo, *Walnut Grove*  
 Mike Groff, *Gleneagle*  
 Byron Wong, *Burnaby North*  
 Scott Weninger, *Kelowna*  
 Kyle Robinson, *North Peace*  
 Spencer Holowachuck, *Claremont*  
 Kurt Rogers, *Penticton*  
 Dan Goodburn, *Claremont*

### Allstar Libero

Graham Allard, *Kelly Road*

### AA FINAL RESULTS

1. M.E.I., *Abbotsford*
2. Fraser Valley Christian, *Surrey*
3. D.W. Poppy, *Langley*
4. Duchess Park, *Prince George*
5. Sa-Hali, *Kamloops*
6. Max Cameron, *Powell River*
7. Prince Charles, *Creston*
8. Okanagan Mission, *Kelowna*
9. Mt. Sentinel, *South Slokan*
10. Clarence Fulton, *Vernon*
11. George Elliot, *Winfield*  
*tied Cariboo Hill, Burnaby*
13. College Heights, *Prince George*
14. Mark Isfeld, *Courtenay*
15. Charles Hays, *Prince Rupert*  
*tied Cedar, Nanaimo*

**MVP:** Steve Rogalsky, *Fraser Valley Chr.*

### 1<sup>st</sup> Team All-stars:

Evan Peters, *MEI*  
 Stephen Nash, *MEI*  
 Mark Henderson, *D.W. Poppy*  
 Jon Jansen, *Fraser Valley Chr.*  
 John Boldt, *MEI*  
 Jared Krause, *MEI*

### 2<sup>nd</sup> Team All-stars:

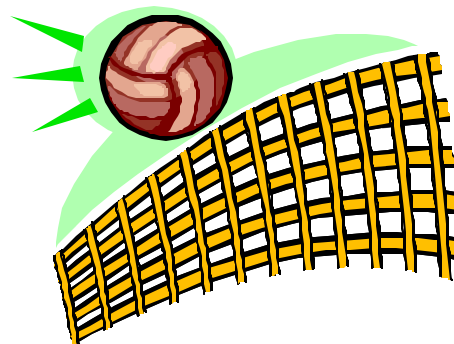
Jared Smith, *D.W. Poppy*  
 Randall Wiebe, *Fraser Valley Chr.*  
 Andrew Barwick, *Fraser Valley Chr.*  
 Sean Palumbo, *Duchess Park*  
 Lyle Boutin, *Duchess Park*  
 Drew Venables, *Sa-Hali*

### Honourable Mentions

Mike Kroeker, *D.W. Poppy*  
 Rob Newmarch, *OKM*  
 Blake Giles, *Prince Charles*  
 Spencer Paterson, *Sa-Hali*  
 Adam Skinner, *Max Cameron*  
 Devon Krahn, *MEI*

### Allstar Libero

Satoshi Shinzato, *D.W. Poppy*



**Provincial Boys A Soccer Champions**  
 St. Thomas Aquinas,  
 North Vancouver

(Boys' A Soccer Championship Results were in the Fall issue of the BCSS Report)

## BC SCHOOL SPORTS 2002 PROVINCIAL BOYS A VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 21-23, 2002  
**Location:** Langley (Credo Christian)  
**Coordinator:** Ron de Haan, Credo Christian

### FINAL RESULTS

1. Duncan Christian
2. Richmond Christian
3. Ron Pettigrew Chr., Dawson Creek
4. Langley Christian
5. Houston Christian
6. Clearwater
7. Elkford
8. Credo Christian, Langley
9. Bulkley Valley Christian, Smithers
10. Glenfir, Summerland



**Provincial Boys A Volleyball Champions**  
Duncan Christian

## BC SCHOOL SPORTS 2002 PROVINCIAL GIRLS AAAA VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 28-30, 2002  
**Location:** Port Coquitlam (Riverside & Terry Fox Sec.s)  
**Coordinator:** Lawrence Vea, Riverside Sec.

### FINAL RESULTS

1. Mt. Douglas, Victoria
2. Prince George
3. Riverside, Port Coquitlam
4. Kelowna
5. Claremont, Victoria
6. Burnaby Central
7. Penticton
8. Rutland, Kelowna
9. Walnut Grove, Langley
10. North Delta
11. Handsworth, North Vancouver
12. Highland, Comox
13. West Vancouver
14. Semiahmoo, Surrey
15. Mt. Baker, Cranbrook
16. Terry Fox, Coquitlam

**MVP:** Erin Little, Mt. Douglas

**Most Sportsmanlike Team:**  
Highland, Comox

### 1st Team Allstars:

Jen Dickson, Riverside  
 Karien Lanenga, Prince George  
 Sandra Babic, Prince George  
 Chrissie Carrigan, Mt. Douglas  
 Mila Miguel, Claremont  
 Kim Rogers, Kelowna

### 2nd Team Allstars:

Elise Ritchie, Riverside  
 Lejla Alic, Burnaby Central  
 Christina Chi, Mt. Douglas  
 Alisan Pendray, Kelowna  
 Sheila McNee, Rutland  
 Tammy Thomas, Penticton

## BC SCHOOL SPORTS 2002 PROVINCIAL GIRLS AAA VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 28-30, 2002  
**Location:** Richmond (H.J. Cambie Sec.)  
**Coordinator:** Christine Bradstock

### FINAL RESULTS

1. H.J. Cambie, Richmond
2. D.W. Poppy, Langley
3. M.E.I., Abbotsford
4. Hugh McRoberts, Richmond
5. Ballenas, Parksville
6. North Surrey
7. Vernon
8. Elgin Park, Surrey
9. Woodlands, Nanaimo
10. Duchess Park, Prince George
11. Robert A. McMath, Richmond
12. Prince Charles, Creston
13. Sutherland, North Vancouver
14. Little Flower Academy, Vancouver
15. College Heights, Prince George
16. Mt. Elizabeth, Kitimat

### Most Sportsmanlike Team:

Little Flower Academy, Vancouver

**MVP:** Carla Bradstock, H.J. Cambie

### 1st All-star Team:

Kailee Savage, H.J. Cambie  
 Kim Heys, D.W. Poppy  
 Richelle Walton, D.W. Poppy  
 Katie Borrett, North Surrey  
 Julie Koepke, Hugh McRoberts  
 Danielle Foth, MEI

### 2nd All-star Team:

Aimee Gadbois, Vernon  
 Michelle Wong, Hugh McRoberts  
 Kristen Knapp, Hugh McRoberts  
 Karen Waddington, D.W. Poppy  
 Tanya Hagedorn, MEI  
 Keri Philip, Ballenas

## BC SCHOOL SPORTS 2002 PROVINCIAL GIRLS AA VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 28-30, 2002  
**Location:** Prince Rupert (Chales Hays & Prince Rupert Sec.)  
**Coordinators:** Marianne Murray, CHS  
 Kimberley Dray, PRS

### FINAL RESULTS

1. St. Patrick's, Vancouver (Pictured on front cover)
2. St. Thomas Aquinas, North Vancouver
3. Max Cameron, Powell River
4. Fraser Valley Christian, Surrey
5. Kalamalka, Vernon
6. Archbishop Carney, Port Coquitlam
7. Crofton House, Vancouver
8. Hatzic, Mission
9. Selkirk, Kimberley
10. Prince Rupert
11. Brooks, Powell River
12. Charles Hays, Prince Rupert
13. Pleasant Valley, Armstrong
14. Williams Lake
15. Merritt
16. Cedar Community, Nanaimo

**MVP:** Heather Johnstone - St. Patrick's

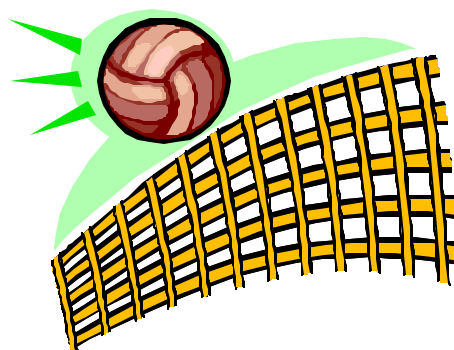
**Most Sportsmanlike Team:**  
Williams Lake

### 1st Team All-stars:

Joanne Lao, St. Patrick's  
 Julianna Ramza, St. Thomas Aquinas  
 Alicia Van Huizen, Fraser Valley Chr.  
 Alison Cabrera, St. Patrick's  
 Lydia Shives, St. Thomas Aquinas  
 Leah Camenzing, Max Cameron

### 2nd Team All-stars:

Rebecca Wames, Kalamalka  
 Jacquie Rivierre, Archbishop Carney  
 Chelsea Magee, Hatzic  
 Laura Mireault, St. Thomas Aquinas  
 Julie Blackburn, Fraser Valley Chr.  
 Page Padley, Max Cameron



## BC SCHOOL SPORTS 2002 PROVINCIAL GIRLS A VOLLEYBALL CHAMPIONSHIP RESULTS

**Date:** November 28-30, 2002  
**Location:** Castlegar (Selkirk College)  
**Coordinators:** Joe Moreira, Mount Sentinel Sec.

### FINAL RESULTS

1. Mount Sentinel, *South Slocan*
2. Highroad Academy, *Chilliwack*
3. White Rock Christian, *Surrey*
4. Kelowna Christian
5. Immaculata, *Kelowna*
6. Bulkley Valley Christian, *Smithers*
7. Glenlyon-Norfolk, *Victoria*
8. Fraser Lake
9. Lake Cowichan
10. Mackenzie
11. Elkford
12. Mulgrave, *North Vancouver*

**MVP:** Krystal Gabriel, *Mount Sentinel*

### 1st Team All-stars:

Mandy Chutskoff, *Mount Sentinel*  
 Andrea Tarasoff, *Mount Sentinel*  
 Lindsey Niminiken, *Mount Sentinel*  
 Brynn Good, *White Rock Christian*  
 Lyndsay Martins, *Highroad Academy*  
 Sheena Daley, *Highroad Academy*

### 2nd Team All-stars:

Ashlee Siminoff, *Mount Sentinel*  
 Robyn Poohachoff, *Mount Sentinel*  
 Shalmain Zylston, *Highroad Academy*  
 Crystal Craig, *White Rock Christian*  
 Amanda Stren, *Kelowna Christian*  
 Natasha Jmaeff, *Mount Sentinel*

### Honourable Mention:

Erin Makaroff, *Mount Sentinel*  
 Juanna Bentley, *White Rock Christian*  
 Mariel Anderson, *Highroad Academy*  
 Kyla Jones, *Immaculata*



**Provincial Girls A Volleyball Champions**  
 Mount Sentinel, South Slocan

## BC SCHOOL SPORTS 2002 PROVINCIAL GIRLS AAA FIELD HOCKEY CHAMPIONSHIP RESULTS

**Date:** November 13-15, 2002  
**Location:** Burnaby Lakes West Complex  
**Coordinators:** Trish Sloan, Centennial Secondary

### FINAL RESULTS

1. Cowichan, Duncan
2. Kelowna
3. Oak Bay, *Victoria*
4. Mt. Douglas, *Victoria*
5. South Delta
6. Brentwood College, *Mill Bay*
7. Hugh McRoberts, *Richmond*
8. Penticton
9. West Vancouver
10. Sardis
11. L.V. Rogers, *Nelson*
12. Sir Winston Churchill, *Vancouver*



## BC SCHOOL SPORTS 2002 PROVINCIAL AQUATICS CHAMPIONSHIP RESULTS

**Date:** November 15-16, 2002  
**Location:** Richmond (Watermania)  
**Coordinators:** Mike Slinger, Como Lake Middle School

### FINAL RESULTS

#### Aquatics Championship:

1. St. George's, *Vancouver* 419
2. Terry Fox, *Port Coquitlam* 327
3. W.J. Mouat, *Abbotsford* 310

#### Swimming Overall:

1. St. George's, *Vancouver* 419
2. Terry Fox, *Port Coquitlam* 327
3. W.J. Mouat, *Abbotsford* 298

#### Synchro Overall:

1. Southridge, *Surrey* 271.5
2. Kitsilano, *Vancouver* 139
3. Pinetree, *Coquitlam* 137

### SWIMMING EVENT RESULTS

#### EVENT 1-Girls B 400M Free Relay

- MR: *Burnaby North 2002* 4:25.65
1. Burnaby North 4:25.65
  2. Centennial 4:34.30
  3. L.V. Rogers 4:37.55
  4. Southridge 4:42.86
  5. Yale 4:45.66
  6. Chilliwack 4:47.71
  7. South Delta 4:51.06
  8. W.J. Mouat 5:01.43

#### EVENT 2-Boys B 400M Free Relay

- MR: *Archbishop Carney 2002* 3:53.81
1. Archbishop Carney 3:53.81
  2. St. George's A 4:01.60
  3. W.J. Mouat AS 4:18.86
  4. Terry Fox 4:22.17
  5. St. George's 4:28.81
  6. Vancouver Tech 4:51.36
  7. Burnaby North 4:58.32
  8. W.J. Mouat AJ 5:49.51

#### EVENT 3-Girls Open 400M Free Relay

- MR: *Reynolds 1997* 4:06.13
1. West Vancouver 4:09.70
  2. Nanaimo District 4:09.72
  3. Mt. Boucherie 4:17.66
  4. Terry Fox 4:22.18
  5. Penticton 4:28.75
  6. South Delta 4:42.75
  7. McNicholl Park 4:44.67
  8. Reynolds 5:05.82

#### EVENT 4-Boys Open 400M Free Relay

- MR: *New Westminster 1994* 3:42.76
1. St. George's 3:50.66
  2. Riverside 4:00.37
  3. South Delta 4:25.58
  4. McNicholl Park 4:31.42
  5. W.J. Mouat A 5:05.36
  6. W.J. Mouat B 6:06.65

#### EVENT 5-Girls B 200M Medley Relay

- MR: *Burnaby Central 1994* 2:14.84
1. Grand Forks 2:16.34
  2. Terry Fox 2:16.74
  3. Moscrop 2:18.30
  4. L.V. Rogers 2:20.64
  5. Southridge 2:22.81
  6. York House 2:24.78
  7. Fort Nelson 2:25.94
  8. Esquimalt NT:

#### EVENT 6-Boys B 200M Medley Relay

- MR: *Sentinal 1991* 1:54.90
1. Archbishop Carney 2:01.12
  2. Robert McMath 2:04.23
  3. St. George's 2:04.41
  4. Steveston 2:06.49
  5. Pinetree 2:10.42
  6. Dr. Charles Best 2:12.71
  7. Glenlyon-Norfolk 2:17.98
  8. Burnaby South DQ 2:09.35

**EVENT 7-Girls Open 200M Medley Relay**

MR: Reynolds 1996	2:07.71
1. Nanaimo District	2:11.38
2. Mt. Boucherie	2:11.51
3. Collingwood	2:14.88
4. Templeton	2:16.87
5. St. Thomas More	2:19.21
6. St. Thomas Aquinas	2:19.26
7. Little Flower Academy	2:21.26
8. Penticton	2:25.31

**EVENT 8-Boys Open 200M Medley Relay**

MR: McRoberts 1996	1:53.19
1. St. George's A	1:59.86
2. Gleneagle	2:03.54
3. Riverside	2:03.67
4. Valleyview	2:04.98
5. Oak Bay	2:07.32
6. St. George's B	2:18.59
7. W.J. Mouat AS	2:23.39
8. W.J. Mouat AJ	2:34.64

**EVENT 9-Girls B 50M Freestyle**

MR: Melissa Lam 2002	WJM	:27.43
1. Melissa Lam	WJM	:27.43
2. Ashley Plummer	MCR	:27.67
3. Courtenay Landsiedel	ROB	:27.91
4. Teresa Au Yeung	BNO	:28.96
5. Angela Harrington	CEN	:29.17
6. Valerie Webb	STL	:29.32
7. Kylee Lothrop	ALB	:29.63
8. Amy Hatt	CWK DQ	:29.17

**EVENT 10-Boys B 50M Freestyle**

MR: Randall Krall 2001	RIV	:24.41
1. David MacNeil	STM	:24.65
2. Devin Miller	STL	:25.59
3. Michael Dee	MRS	:26.17
4. Trevor Weglo	CEN	:26.37
5. John Pym	CWK	:26.45
6. Elliot Smith	MCM	:26.49
7. Patrick Thompson	WPG	:26.58
8. Paul Bienvenu	STA	:26.61

**EVENT 11-Girls Open 50M Freestyle**

MR: Andrea Moody 1993		:26.77
1. Brittany Reimer	LOR	:27.03
2. Tina Hoang	CEN	:27.52
3. Shannon Hackett	COL	:27.60
4. Faye Ling	SEA	:28.35
5. Janeen Lee	ERI	:28.63
6. Jennifer Turner	MBS	:29.25
7. Lauren Crawford	SMA	:29.25
8. Kaitlyn Casper	OAK	:29.38

**EVENT 12-Boys Open 50M Freestyle**

MR: Brian Johns 1998	HMS	:23.98
1. Bryce Gillman	TER	:24.86
2. Robert Lui	ARG	:24.86
3. Dario Isic	KIT	:25.18
4. Jackson Wang	SEA	:25.35
5. Greer Jacks	OAK	:25.87
6. Will Ballard	WVS	:26.41
7. Matt O'Halloran	VBR	:26.53
8. David Cruise	NAN	:26.58

**EVENT 13-Girls B 50M Backstroke**

MR: Charday Vonic 2002	KPS	:32.07
1. Charday Vonic	KPS	:32.07
2. Melissa Lam	WJM	:32.20
3. Ashley Plummer	MCR	:32.31
4. Dana Vonic	KPS	:33.23
5. Erin Kikuchi	LMB	:33.25
6. Monica Shin	FHS	:34.24
7. Jessica Hickey	OAK	:34.29
8. Lindsay Duncan	ARC	:34.68

**EVENT 14-Boys B 50M Backstroke**

MR: Darin Lindsay 1999	LVR	:28.50
1. Alex McLaren	STL	:30.81
2. Michael Sullivan	CAR	:31.09
3. Alex Kearney	TIM	:31.21
4. Matt Gray	GFS	:31.47
5. Colin Prentice	LVR	:32.03
6. Derek Twamley	STL	:32.14
7. Jim Tung	CHS	:32.63
8. Keith Mah	BNO	:32.96

**EVENT 15-Girls Open 100M Backstroke**

MR: Brittany Reimer 2002	LOR	1:04.75
1. Brittany Reimer	LOR	1:04.75
2. Tina Hoang	CEN	1:05.38
3. Leslie Emter	MBS	1:09.04
4. Adrienne Vida	TER	1:09.36
5. Shira Hutton	WEL	1:09.61
6. Melanie Dodds	MRS	1:13.05
7. Whitney Murton	KIT	1:13.15
8. Rebecca Stephen	MCR	1:15.11

**EVENT 16-Boys Open 100M Backstroke**

MR: Chris Sawbridge 97	WEL	:57.26
1. Desmond Strelzow	STG	:59.26
2. Erich Schmitt	BEL	1:00.54
3. Leonard Ho	ARC	1:01.43
4. Cody Sherwood	JPS	1:02.18
5. Robert Lui	ARG	1:04.02
6. Andrew Wagner	MCR	1:04.22
7. Patrick Waters	KAM	1:05.90
8. Jackson Wang	SEA	1:09.29

**EVENT 17-Girls B 50M Breast**

MR: V. Bloodoff 2002	SHS	:35.44
1. Vanessa Bloodoff	SHS	:35.56
2. Caitlin Loughheed	FNS	:36.37
3. Kathrin Rosberg	MOS	:36.72
4. Elisabeth Pharo	ARG	:36.89
5. Janice Palmer	BUR	:37.25
6. Jennifer Giles	MIS	:37.66
7. Kristy Hatt	AGA	:37.86
8. Brittney Jung	CEN	:38.87

**EVENT 18-Boys B 50M Breast**

MR: Mark Luers 1988	MEI	:31.29
1. Sean Nugent	BNO	:32.91
2. Devin Miller	STL	:33.89
3. Yue-Ching Chen	ARC	:34.02
4. Travis Wong	BSO	:34.07
5. Desmond Lam	VCO	:34.97
6. Matt Gray	GFS	:35.59
7. Paul Bienvenu	STA	:35.67
8. Ian Siebel	SAN DQ	:34.99

**EVENT 19-Girls Open 100M Breast**

MR: Jennifer Heagy 1993		1:11.19
1. Michelle Mange	MUL	1:13.23
2. Jy Lawrence	EAR	1:21.28
3. Faye Ling	EAS	1:21.99
4. Cecillie Balfour	SEN	1:22.76
5. Kelly Martinetti	NAN	1:23.58
6. Nat Guttormsson	PEN	1:23.59
7. Catherine Anderson	BEL	1:24.22
8. Erika Kovacs	KAM	1:24.62

**EVENT 20-Boys Open 100M Breast**

MR: Phillip Weiss 1996	HOLY	1:05.46
1. Leonard Ho	ARC	1:08.24
2. Ryan Chiew	GLE	1:09.39
3. Brend Robertson	TER	1:09.58
4. Sean Fairhurst	THO	1:10.45
5. Eric Botterill	LAD	1:11.76
6. Geoffrey Chen	MCR	1:12.38
7. Steven Tsai	WVS	1:14.61
8. Gordan Nuttal	VAL	1:14.81

**EVENT 21-Girls B 200M Free Relay**

MR: Centennial 1996		1:58.48
1. Burnaby North		2:00.69
2. Robert Bateman		2:01.88
3. Centennial		2:03.03
4. Grand Forks		2:03.09
5. Yale		2:07.13
6. West Point Grey		2:08.61
7. Brookwood		2:09.55
8. Robert A. McMath		2:12.54

**EVENT 22-Boys B 200M Free Relay**

MR: Vancouver College 2001		1:44.24
1. Archbishop Carney		1:45.01
2. Robert A. McMath		1:47.66
3. Carson Graham		1:48.12
4. St. George's A		1:50.30
5. Dr. Charles Best		1:55.67
6. Pinetree		1:55.86
7. St. George's B		1:57.87
8. Glenlyon-Norfolk		2:00.45

**EVENT 23-Girls Open 200M Free Relay**

MR: University Hill 1998		1:54.02
1. West Vancouver		1:56.56
2. Nanaimo District		1:56.60
3. Terry Fox		1:59.52
4. Penticton		2:03.15
5. Southridge		2:03.99
6. McNicholl Park		2:06.55
7. South Delta		2:08.46
8. St. Margaret's		DQ 2:01.67

**EVENT 24-Boys Open 200M Free Relay**

MR: Hugh McRoberts 1996		1:40.23
1. St. George's A		1:43.94
2. Riverside		1:43.99
3. Terry Fox		1:46.08
4. West Vancouver		1:48.21
5. Gleneagle		1:48.64
6. Valleyview		1:50.87
7. St. George's B		2:01.68
8. W.J. Mouat		DQ 1:55.67

**EVENT 25-Girls B 100M Freestyle**

MR: C.Larson 1984	CEN	1:00.68
1. Courtenay Landsiedel	ROB	1:01.07
2. Ashley Plummer	MCR	1:01.65
3. Kathrin Rosberg	MOS	1:03.52
4. Shannon Mah	BNO	1:04.72
5. Kylee Lothrop	ALB	1:05.59
6. Valerie Webb	STL	1:05.73
7. Kelsey Campbell	MRS	1:05.84
8. S. Summersides	LVR	1:05.91

**EVENT 26-Boys B 100M Freestyle**

MR: Derek Bjornson 2001	MOS	:55.45
1. David MacNeil	STM	:55.92
2. Devin Miller	STL	:57.33
3. Michael Dee	MRS	:57.82
4. T. Courtemanche	STG	:58.10
5. Colin Watchorn	CWK	:59.41
6. S. Landsiedel	ROB	:59.47
7. Ivana Koruga	CAR	1:01.10
8. Anthony Sy	VCO	1:01.82

**EVENT 27-Girls Open 100M Freestyle**

MR: Brittany Reimer 2002	LOR	:57.69
1. Brittany Reimer	LOR	:57.69
2. Shannon Hackett	COL	:58.83
3. Jessi Verhayden	AQU	1:00.74
4. Tina Hoang	CEN	1:00.74
5. Kelsey Rush	WVS	1:01.35
6. Janeen Lee	ERI	1:02.07
7. Lauren Lavigna	TEM	1:02.39
8. Julie McDonald	SUM	1:04.47

**EVENT 28-Boys Open 100M Freestyle**

MR: Brent Hayden 2000	HAT	:52.08
1. Marc Sze	STG	:53.81
2. Dario Isic	KIT	:53.94
3. Greer Jacks	OAK	:55.58
4. Robert Lui	ARG	:56.05
5. Andrew Wagner	MCR	:56.93
6. Erich Schmitt	BEL	:57.98
7. Stuart Choy	CHU	:58.28
8. Norman NG	GLE	NT

**EVENT 29-Girls B 50M Fly**

MR: E. Engman 1989	CEN	:30.22
1. Teresa Au Yeung	BNO	:30.82
2. Ashley Plummer	MCR	:32.02
3. Caitlin Loughheed	FNS	:32.14
4. Sheree Palmer	NDS	:32.26
5. Sarah Beaton	LOR	:32.28
6. Dana Vonic	KPS	:32.29
7. Charday Vonic	KPS	:32.74
8. Monica Shin	FHS	:32.93

**EVENT 30-Boys B 50M Fly**

MR: Brett Liljefors 1998	WV	:26.98
1. David MacNeil	STM	:28.49
2. Matt Gray	GFS	:29.30
3. Alex McLaren	STL	:29.48
4. Elliot Smith	MCM	:29.64
5. Ivana Koruga	CAR	:29.75
6. David Loretto	STG	:29.88
7. Anthony Sy	VCO	:31.15
8. Nick Urff	BRO	:32.19

**EVENT 31-Girls Open 100M Fly**

MR: Julie Unrau 1999	UHS	1:03.63
1. Shannon Hackett	COL	1:05.23
2. Jamie Graham	SOD	1:09.31
3. Whitney Murton	KIT	1:09.61
4. Erin Carlyle	MBS	1:10.40
5. Amanda Rutter	TER	1:11.97
6. Lauren Lavigna	TEM	1:12.15
7. Cassie Kozar	LAD	1:12.64
8. Caitlin Brice	NAN	1:14.65

**EVENT 32- Boys Open 100M Fly**

MR: Phillip Weiss 1996	HOLY	:56.84
1. Bryce Gillman	TER	1:01.90
2. Patrick Waters	KAM	1:02.23
3. Greer Jacks	OAK	1:02.37
4. James Monk	SOD	1:02.46
5. Shingo Kido	SEA	1:03.34
6. Chris Wiggins	SOD	1:06.02
7. Rory Biskupski	WVS	1:07.72
8. Gomez-Gorostiet	VCO	1:10.32

**EVENT 33- Girls B 100M I.M.**

MR: Winnie Lam 1996	WC	1:10.30
1. Courtenay Landsiedel	ROB	1:11.35
2. Kathrin Rosberg	MOS	1:11.64
3. Caitlin Loughheed	FNS	1:13.68
4. Sheree Palmer	NDS	1:14.83
5. Kelsey Campbell	MRS	1:15.96
6. Nicole Routtu	CHS	1:16.29
7. Laura Rose	YAL	1:16.53
8. Tiffany Kelman	TEM	1:16.93

**EVENT 34- Boys B 100M I.M.**

MR: Sean Nugent 2002	BNO	1:04.47
1. Sean Nugent	BNO	1:04.47
2. Travis Wong	BSO	1:04.75
3. S. Landsiedel	ROB	1:06.82
4. Jim Tung	CHS	1:08.91
5. Matt Gray	GFS	1:08.93
6. Paul Bienvenu	STA	1:09.52
7. Torin Bateman	NDS	1:10.25
8. Colin Prentice	LVR	1:10.83

**EVENT 35-Girls Open 200M I.M.**

MR: Brittany Reimer 2002	LOR	2:21.25
1. Brittany Reimer	LOR	2:21.25
2. Michelle Mange	MUL	2:28.54
3. Lauren Crawford	SMA	2:31.73
4. Lauren Lavigna	TEM	2:33.26
5. Sarah Mayze	REY	2:33.65
6. Melanie Dodds	MRS	2:34.21
7. Jamie Graham	SOD	2:35.12
8. Rachelle Salli	WGS	2:37.84

**EVENT 36- Boys Open 200M I.M.**

MR: Brian Johns 1998	HMS	2:04.71
1. Erich Schmitt	BEL	2:15.44
2. Andrew Wagner	MCR	2:18.96
3. Brend Robertson	TER	2:20.60
4. Eric Botterill	LAD	2:21.80
5. Patrick Waters	KAM	2:22.23
6. Gomez-Gorostiea	VCO	2:24.93
7. Geoffrey Chen	MCR	2:25.52
8. Shingo Kido	SEA	2:32.18

**EVENT 37- B 200M Mixed Free Relay**

MR: Centennial 1995	1:49.39
1. Centennial	1:51.60
2. Archbishop Carney	1:52.53
3. W.J. Mouat	1:53.22
4. Pinetree	1:57.39
5. Burnaby Central	1:58.46
6. L.V. Rogers	1:59.83
7. St. Thomas More	2:00.56
8. Burnaby North	2:02.68

**EVENT 38 - Open 200M Mixed Free Relay**

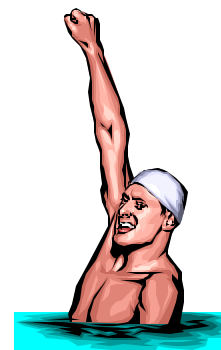
MR: Lord Byng 1978	1:47.77
1. West Vancouver 1	1:52.05
2. Penticton	1:53.64
3. McNicholl Park	1:56.01
4. Ladysmith	1:56.13
5. West Vancouver 2	1:58.41
6. Victor-Brodeur	2:05.70
7. W.J. Mouat	2:07.76
8. Seaquam	NT

**EVENT 39 - B 200 M Mixed Medley Relay**

MR: Centennial 1995	2:06.47
1. Burnaby North	2:08.82
2. North Delta	2:10.00
3. Pinetree	2:11.36
4. Chilliwack	2:11.60
5. W.J. Mouat	2:13.82
6. Burnaby South	2:15.01
7. Burnaby Central	2:15.69
8. Dr. Charles Best	2:20.88

**EVENT 40-Open 200M Mixed Medley Relay**

MR: Terry Fox 2002	1:57.96
1. Terry Fox	1:57.96
2. Centennial	2:04.28
3. Seaquam	2:07.19
4. South Delta	2:09.81
5. H.J. Cambie	2:10.18
6. Point Grey	2:14.45
7. Nanaimo District	2:14.65
8. Kitsilano	DQ 2:07.74



**Coaches' Corner**



**BC SCHOOL SPORTS Spirit of Coaching Conferences**



Proud Sponsor of the BCSS Coaching Development Program

**BC SCHOOL SPORTS North Vancouver Island Spirit of Coaching Conference**  
 Monday February 24, 2003  
 Ballenas Secondary, Parksville  
 Registration closes on February 17, 2003

**WORKSHOPS**  
*Registration & Exhibitors' Area: 7:30-8:30 am*  
**OPENING & PLENARY: 8:30 - 9:30 am**  
*Exhibitors' Area Open: 9:30 - 10:00 am*

**SESSION 1:** 10:00 - 11:30 am (choose one of)  
 1A: Explosive Power (David Gilkes)  
 1B: Rugby (Jim Stewart)  
 1C: Mental Training (Bruce Howe)

*Lunch & Exhibitors' Area: 11:30am - 12:30pm*

**SESSION 2:** 12:30 - 2:00 pm (choose one of)  
 2A: Track & Field (Al Johnson)  
 2B: Mountain Biking (Brian, Jordie & Jarrett Lunn)  
 2C: Core Strength (David Gilkes)

**SESSION 3:** 2:15 - 3:45 pm (choose one of)  
 3A: Flexibility & Agility (Joanna Dunn)  
 3B: Badminton (Alf McGuire)  
 3C: Nutrition & Supplements (Susan Boegman)

**NCCP LEVEL 1 THEORY COURSE:**  
 8:30am - 5:30pm

**CONFERENCE WORKSHOPS**  
*Delegate Kit Pick-up, Coffee and Exhibitors Area open at 7:30 am*  
**Plenary Session:** 8:30 am - 9:30 am

**Session 1:** 10:00 am- 11:30 am  
 1st Choice: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

*Lunch and Exhibitors Area: 11:30-12:30pm*

**Session 2:** 12:30 pm - 2:00 pm  
 1st Choice: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_



**Session 3:** 2:15 pm - 3:45 pm  
 1st Choice: \_\_\_\_\_ 2nd Choice: \_\_\_\_\_

**NCCP LEVEL 1 THEORY**

I wish to register for the 9 hour NCCP Level 1 course on February 24th. (8:30 am-5:30 pm)

I confirm that I am a current member of the College of Teachers.

**Name:** \_\_\_\_\_

**BC SCHOOL SPORTS Spirit of Coaching Conference Series Monday February 24, 2003 Registration Form**

Name: \_\_\_\_\_  
 School: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Golf Shirt Size: M L XL XXL

Registration Fee \$85 \$ \_\_\_\_\_  
 OR  
 NCCP Level 1 Course \$60 \$ \_\_\_\_\_  
 Conference Golf Shirt \$40 \$ \_\_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

Register for the conference by selecting one workshop and a backup choice for each timeslot. Indicate your selections on first panel.

**OR**  
 Register for the NCCP Level One Course on the previous panel.  
 Complete both sides of the panel, tear off and mail with your cheque to

BC SCHOOL SPORTS  
 330 - 1367 West Broadway,  
 Vancouver BC V6H 4A9.

Cheques should be made out to BC SCHOOL SPORTS. You will be sent a registration confirmation.

**Registration closes on February 17, 2003**

**Spring Spirit of Coaching Conference**  
 The Spring Spirit of Coaching Conference will be held on Friday May 9, 2003 at Simon Fraser University in Burnaby. Come and join the hundreds of BC school coaches who have attended the annual conference in the past 8 years. Each year, the conference offers over 20 workshops on sport-specific and generic topics that will help you to become a better coach. The workshop leaders design their sessions specifically for coaches dealing with the BCSS age groups. The workshops are topical, applicable and will be of interest to coaches working with any school sports. The conference also has a series of workshops for school-based Athletic Directors. Past topics have included Developing School Athletic Manuals, Risk Management and Recruiting Coaches. The conference is held the day before the May 10<sup>th</sup> BCSS Annual General Meeting and travel assistance is available for teacher-coaches who also attend the AGM as their school's designated voting representative. A block of rooms has been booked at SFU and is available until April 1<sup>st</sup>. May 9<sup>th</sup> Spirit of Coaching Conference pamphlets will be sent to schools in late February. Conference information will also be on the BCSS web site.

**Kootenay Regional Spirit of Coaching Conference**  
 On May 16<sup>th</sup>, a regional conference for school coaches in the Kootenays will be held at Prince Charles Secondary in Creston. Coaches will be able to select from sport-specific and generic coaching topics. Conference pamphlets for the May 16<sup>th</sup> conference will be sent to schools in April. Remember to check the BCSS web site for details.

**BC SCHOOL SPORTS-hosted National Coaching Certification Program Theory Courses**  
 Contact the BCSS Office or go to the BCSS web site for registration information for the following NCCP Theory courses. Course conductors are teachers and school coaches from the school system.

**Level One Theory Courses**  
 1) Monday February 24 (part of the Reg'I Conference) - a special 9 hour course for teachers - at Ballenas Secondary, Parksville  
 2) Saturday April 5 and Sunday April 6 - a 14 hour course for any school coach - will be held in the Lower Mainland

**Level Two Theory Courses**  
 1) February 28 – March 2 - a 20 hour course for any school coach  
 - at L.V. Rogers Secondary in Nelson  
 - at Woodlands Secondary in Nanaimo

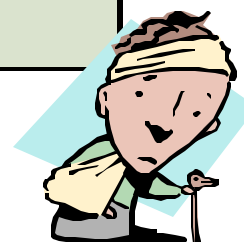
## Sport Medicine COURSES

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
<b>Fraser Valley</b>		
Athletic Taping	Feb. 15/16	Univ.College of the Fraser Valley
<b>Vancouver</b>		
Sports First Aid	Feb. 8	Burnaby Lake Sports West Complex
	Feb. 22	Douglas College
Athletic Taping	March 22/23	Douglas College
<i>Call 604-473-4850 to register for all of the above courses</i>		
<b>For more information surf the Web at <a href="http://www.sportmedbc.com">www.sportmedbc.com</a></b>		



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**to organize your sports stuff**

Whether you're a parent, coach, or league administrator involved in amateur sport, **allCanadianSport.ca's** free Internet Site can make your sporting life easier. With allCanadianSport.ca you can:

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- Combine the entire family's individual team schedules
- Create your own web page (we'll make it easy for you)
- Send messages to teammates and colleagues
- Access the comprehensive library including news, coaching and training tips, and bulletin boards with tournament information and club announcements

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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 throught BC. For only \$15.00 a year, you can't afford not to join! Fill out the membership form below and begin receiving you 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 February 2003 through April 2003.

**CURL BC** - www.curlbc.bc.ca, 1-800-667-2875

**Pre-Level 1**

Date: Feb. 7-9/03

Location: Gibsons

**TENNIS BC** - www.tennisbc.org, 604-737-3086

**Coaching Conference**

Feb. 22 -23 Hollyburn C.C.

Contact: Louis Cayer

**Instructor (Tennis Co-ordinator)**

Mar 14-16, 21-23 Grant Connell T.C.

Contact: Wayne Elderton

**SOCCER BC** - www.soccerbc.com

**Community Coach Senior**

Date: March 29,30 Castlegar

Contact: Patricia Cecchini (250) 367 7691

Date: 26, 27 April Terrace

Contact: George Bujtas (250) 635-3719

**B prep**

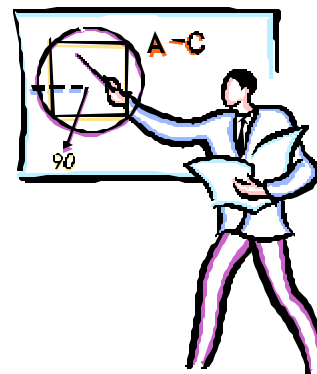
Date: Feb 21,22,23 South Surrey

Contact: Gord Rogers (604) 299 6401

**B Provincial**

Date: March 14, 15, 16, 21, 22, 23 South Surrey

Contact: Gord Rogers (604) 299 6401



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Email: lillian@hi-airport.bc.ca

**BC SCHOOL SPORTS . . . Reports!**

## 25<sup>th</sup> Annual BC Dairy Foundation Milk Run™

It's a BIG anniversary for the Milk Run this year. TWENTY-FIVE years. The BC Dairy Foundation has been the exclusive sponsor of the Milk Run since its inception on 1979, and last year the program name was changed to the BC Dairy Foundation Milk Run™.

The Run will be April 23<sup>rd</sup> and we are hoping that 200+ schools get involved this year. Right now, the office staff are combing through old Run records trying to find out which schools have participated for the most number of years. Records are a little sketchy pre-computer, but it's a fun project.

Registration information for the 25<sup>th</sup> Anniversary BC Dairy Foundation Milk Run™ was sent to all Athletic Directors in early January. The deadline for registration is February 7<sup>th</sup>. Registration information is also on the BCSS web site at [www.bcschoolsports.com](http://www.bcschoolsports.com).

### *What is the Milk Run?*

The milk Run is a 3 km run, walk or wheel. Participating schools set a Milk Run course within their local community, organize special events within the school to raise money for the designated charities, and coordinate the Milk Run as both a race and a participatory program for their students. BC Dairy Foundation contributes 250 ml of milk to all Milk Run participants, and assists with the development and production of the Milk Run's promotional materials.

BCSS assists schools by developing and distributing the Milk Run promotional kits, t-shirt sales and shipping, liaising with BC Dairy Foundation and the designated charities and assist with general promotional and publicity.

A Regional Kick-off School is selected in each of the 7 BCSS zones and the Kick-off Schools receive extra promotional materials and media attention.

### *Did you know?*

- schools raising money during the first 24 Milk Runs have contributed almost \$800,000 to charities supporting physical activity programs for disabled and ill youth.
- The largest single year donation was \$48,192, raised in 1988-89. The 2<sup>nd</sup> largest was \$46,273 in 1998-99.
- There have been over 2.5 million Milk Run participants
- 18 different charities have received Milk Run donations.
- 55 different schools have been named as Kick-off or Regional Kick-off schools
- Total number of schools participating over 24 years is 5,646

The charities for 2003 will be:

- BC Disabled Skiers Association (Reaching Out – Making Connections development program)
- BC Wheelchair Basketball Association (junior provincial tournament)
- Canadian National Institute for the Blind and BC Blind Sports Association (Bowen Island Summer Camp for Children with Visual Impairments)
- Sportability (CP Sports) (Youth summer and spring development camps)

Please contact the office if you have any questions.



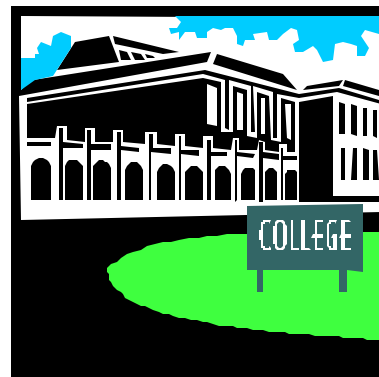
## BC SCHOOL SPORTS SCHOLARSHIPS

Information for the 2002-2003 BCSS Scholarships has been posted in the BCSS web site (under Scholarships & Awards).

The Dave Gifford Memorial Scholarship is valued at \$1,500 and will be awarded to an outstanding scholar-athlete who has participated in at least 2 BCSS-sports during his or her grade 12 year.

Seven \$750 scholarships will be awarded, one is each of the seven BCSS designated zones.

Please refer to the BCSS web site for complete information. Packages will also be sent to all Athletic Director and to grade 12 counsellors in late February. Application due date is June 10, 2003.



## Eligibility Appeals

A number of students had eligibility appeals filed on their behalf at the November 30 and January 19 meetings of the Eligibility Appeals Committee. The appeals for the students listed below were accepted by the EAC at one of those two meetings, or by the Jury of Appeal on December 14.

The Jury of Appeal (2<sup>nd</sup> level appeals) meets on February 1<sup>st</sup> and April 26, and the Eligibility Appeals Committee meets on April 5, 2003. Check Part 4 of the eligibility regulations for appeal due dates.

Alberni District	– Arthur Leslie
Alpha	– Duane Alsop
Carson Graham	– Armin Behnam
Cowichan	– Chad Evans
Esquimalt	– Adam Letourneau
Fraser Academy	– Zachary Bunting, Jordan Dusanj
Hazelton	– Kyle Wilson, Brittany Helps, Cassidy Helps
H.D. Stafford	– Derek Poitras
Houston Christian	– Blaine Anderson
J.V. Humphries	– Chris Scott
John Barsby	– Sebastian Barton
John Peterson	– Tanya Moffat, Danielle Haourt
Mission	– Stacey Carlson
Pacific Christian	– Stephen Lang (to 03/15/03)
Richmond	– Sarah Szloboda, Michelle Dengler, Rozanne Sonbotin

Rick Hansen	– Kyle Richard
Robert Bateman	– Bryn Keys
Rockridge	– Michael Thorneloe
Sa-Hali	– Amber Seitz
Sardis	– Matthew Burge, Dylan Vetterl
Semiahmoo	– Cole Sanderson
Sentinel	– Jamie Metzner
St George's	– Sean Anthony, Doug Cavey
Sullivan Heights	– Madelaine Jones
Summerland	– Ben Kreiger, Matt Antle
Templeton	– Thai Duong
Vancouver Technical	– Feruza Abdulahai
Walnut Grove	– Andrew Sands
West Vancouver	– Luke Cudmore
Windermere	– Paul Juanitez

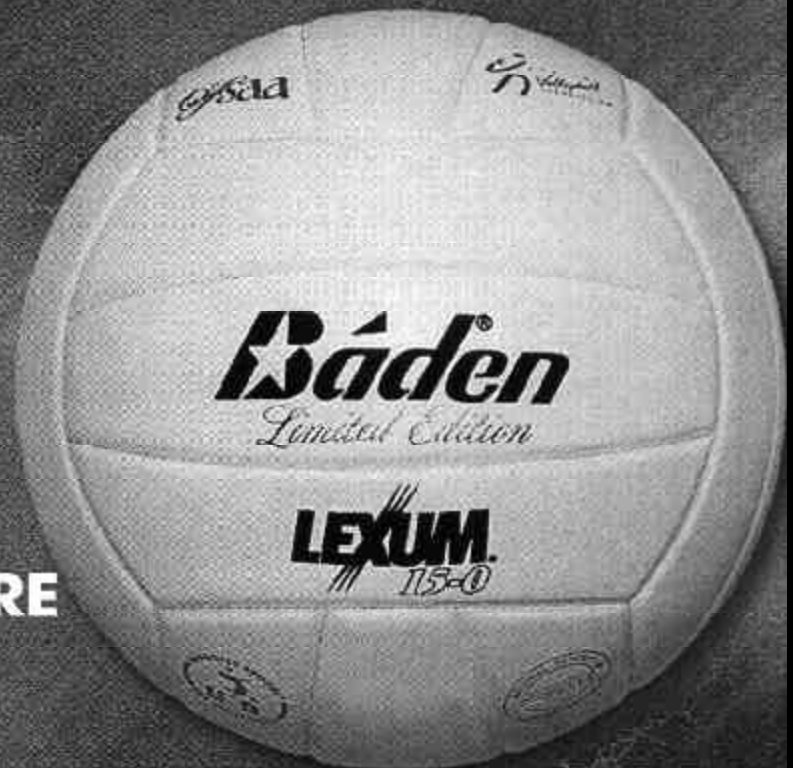


# Baden

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# BC SCHOOL SPORTS

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e-mail: [info@bcschoolsports.com](mailto:info@bcschoolsports.com) Web site: [www.bcschoolsports.com](http://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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Rob Colombo  
Walter Becker  
Sue Thorne  
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Jon Bey  
John Stewart  
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Al Erricson  
Ross Shannon  
John Buchanan  
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Brian Lynch  
Dave Nutini  
Don Moslin  
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Bill McNulty  
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Ron Sweeney

## SCHOOL/COMMUNITY

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*  
J.L. Crowe, *Trail*  
Westsyde, *Kamloops*

## SCHOOL/COMMUNITY

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

## SCHOOL/COMMUNITY

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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*  
Terry Fox, *Port Coquitlam*  
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."

### 2002 - 2003 PROGRAMS

45 Provincial Championships  
Championship Banners  
Spirit of Coaching Conference Series  
Honour Awards  
Scholarship Program  
25<sup>th</sup> Annual BC Dairy Foundation MILK RUN™  
BC Olympic Youth Leadership Academy  
Outstanding School Award  
NCCP Coaching Courses  
Championship Medals

### 2002 - 2003 PUBLICATIONS

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

### 2002 - 2003 SERVICES

Member School Registration  
Sport Participation Data Base  
Commission Coaches Lists  
Association & Commission Insurance  
Liaison with Related Organizations  
Sanctioning  
Marketing and Promotion  
Central Office Services

# WINTER 2003 NATIONAL COACHING CERTIFICATION PROGRAM

For information about Home Study NCCP Courses, contact:

Dr. Eric Broom  
2550 York Ave.  
Vancouver, BC  
V6K 1E3

Phone: (604) 731-7066

Theory and technical lists are compiled by Gord May, the Manager of 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 #
<b>NCCP THEORY LEVEL 1</b>			
02/15-16	Vancouver	Langara College	604-323-5324
02/15-16	North Vancouver	North Van Recreation Commission	604-987-7529
02/22-23	Kamloops	PacificSport - Interior BC	250-828-3344
02/22-23	Williams Lake	City of Williams Lake- Leisure Serv.	250-398-7665
02/24	Parksville	BC SCHOOL SPORTS / Ballenas Secondary	604-737-3066 www.bcschoolsports.com
03/1-2	Quesnel	Quesnel School District # 28	250-983-6900
03/2, 9	Vancouver	Jewish Community Centre - Vanc.	604-257-5111
03/15-16	New Westminster	Douglas College	604-527-5492
04/5-6	Lower Mainland	BC SCHOOL SPORTS /	604-737-3066 www.bcschoolsports.com
04/5-6	Vancouver	Langara College	604-323-5324
04/11-12	Campbell River	Sportsplex	250-923-7911
04/12-13	Salmon Arm	Okanagan University College	250-804-8888
04/28-05/1	New Westminister	Douglas College	604-527-5492
<b>NCCP THEORY LEVEL 2</b>			
02/18-03/1	Prince George	College of New Caledonia	250-561-2131
02/28-03/1-2	Vancouver	Langara College	604-323-5324
02/28-03/2	Nelson	BC SCHOOL SPORTS / L.V. Rogers Secondary	604-737-3066 www.bcschoolsports.com
02/28-03/2	Nanaimo	BC SCHOOL SPORTS / Woodlands Secondary	604-737-3066 www.bcschoolsports.com
03/5,8,9,12	Kelowna	Okanagan University College	250-762-5445
03/14-17	New Westminister	Douglas College	604-527-5492
03/21-23	Maple Ridge	West Coast Kinesiology	604-467-4675
03/28-30	Kamloops	PacificSport - Interior BC	250-828-3344
04/11-13	Cranbrook	City of Cranbrook Leisure Services	250-489-0220
04/11-13	Williams Lake	City of Williams Lake-Leisure Serv.	250-389-7665
04/25-26	Vancouver	Langara College	604-323-5324
<b>NCCP THEORY LEVEL 2</b>			
01/25,26-02/22-23	Kamloops	PacificSport - Interior BC	250-828-3344
02/1,2-03/1,2	North Vancouver	Western Leisure Consultants	604-731-7066
02/15,16-03/1,2	Kelowna	PacificSport - Okanagan	250-491-3663



**3M National  
Coaching  
Certification  
Program**

The **BC SCHOOL SPORTS REPORT** Newsletter is printed & published quarterly by SBC Distributions Ltd., affiliated with the Sport BC Print Shop 1367 West Broadway, Vancouver, B.C. V6H 4A9

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