

# NEWSLETTER

APRIL 2024

VOL. 5

## WINTER 2024 CHAMPIONS



**BOYS WRESTLING**  
*W.J. MOUAT SECONDARY*



**GIRLS WRESTLING**  
*CARIBOO HILL SECONDARY*



**BOYS & GIRLS WRESTLING**  
*W.J. MOUAT SECONDARY*



**BOYS CURLING**  
*ST. GEORGE'S SCHOOL*



**GIRLS CURLING**  
*WESTSIDE SECONDARY*



**BOYS SKIING**  
*ST. GEORGE'S SCHOOL*



**GIRLS SKIING**  
*YORK HOUSE SCHOOL*



**BOYS & GIRLS SKIING**  
*SMITHERS SECONDARY*



**BOYS SNOWBOARDING**  
*SMITHERS SECONDARY*



**GIRLS SNOWBOARDING**  
*LAKES DISTRICT SECONDARY*



**BOYS & GIRLS SNOWBOARDING**  
*SMITHERS SECONDARY*



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**1A GIRLS BASKETBALL**  
*UNITY CHRISTIAN SCHOOL*



**2A GIRLS BASKETBALL**  
*LANGLEY CHRISTIAN SCHOOL*



**3A GIRLS BASKETBALL**  
*BROOKSWOOD SECONDARY*



**4A GIRLS BASKETBALL**  
*SEAQUAM SECONDARY*





**1A BOYS BASKETBALL**  
*UNITY CHRISTIAN SCHOOL*



**2A BOYS BASKETBALL**  
*COLLINGWOOD SCHOOL*



**3A BOYS BASKETBALL**  
*DOVER BAY SECONDARY*



**4A BOYS BASKETBALL**  
*SPECTRUM COMMUNITY SCHOOL*



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# IMPORTANT DATES

<b>Team Registration Deadline</b>	<b>April 10, 2024</b>
<b>Roster Registration Deadline</b>	<b>April 24, 2024</b>

## ADDING COACHES TO ROSTERS

Coaches can only be added to STARS roster until the **April 24, 2024** roster registration deadline for the applicable season of play. Schools wanting to add coaches after the deadline will need to request that BCSS staff make the addition for them. BCSS will only add coaches with confirmed CATT certification.

## ELIGIBILITY APPEALS SUBMISSION DEADLINES

<b>SUBMISSION DEADLINE (2PM)</b>	<b>MEETING DATES</b>
APRIL 9, 2024	APRIL 13, 2024
APRIL 30, 2024	MAY 4, 2024

## MANDATORY COACHES CONCUSSION TRAINING (CATT)



A friendly reminder that all coaches, managers, and assistants must complete the Concussion Awareness Training Tool (CATT). BCSS has mandated this free training for all staff who work in youth sport. Access the course at [cattonline.com](https://cattonline.com). BCSS staff have conducted an audit of coaches that have completed the CATT training relative to coaches that have been added to rosters in STARS and noted that several coaches don't have the required CATT certification. BCSS will be monitoring this throughout the school year and coaches that don't have the required CATT will be deemed ineligible to coach until the training has been completed and verification sent to BCSS.



# BALL ADOPTION

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BC School Sports is very excited to confirm that Molten will be the official ball in Basketball, Volleyball, and Soccer. Nike will be the official Football. The change was approved by the Legislative Assembly at an extraordinary meeting on March 13.

The balls are as follows:

- Volleyball: **Molten V5M5000 Flistatec series**, FIVB approved
- Basketball: **Molten G4500 series**, FIBA approved
- Soccer: **Molten F5A5000 series**, FIFA approved
- Football: **Nike FB1011 Championship Ball**

More details can be found in the full memo [here](#) and the promotional flyer [here](#).



# SUSTAINED EXCELLENCE ADJUSTMENT (SEA)

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The Competitive Fairness Committee, after years of work, have published a document providing an introduction, history and context for a recommendation going to the Legislative Assembly at the AGM in May. The document provides a brief Executive Summary and then a comprehensive review of the challenges, process and recommendations. The committee has spent years evaluating data to assess the options in order to tackle some of the disparity between schools in urban and rural settings and between independent and public schools. We are asking everyone to at the least review the executive summary, and if possible, review the entire document.

The document can be found [here](#).

There is an optional feedback tool, for anybody to provide feedback, or ask questions if an area is not clear. The motion, if passed in May, won't take effect until September 2025, meaning a full year to ensure a smooth implementation.

The feedback tool can be found [here](#).



# SPRING CHAMPIONSHIP DATES

SPORT	TIER	DATES	LOCATION
ULTIMATE	AA/AAA	MAY 23-24	KAMLOOPS
MOUNTAIN BIKING	N/A	MAY 23-24	SQUAMISH
TENNIS	AA	MAY 23-25	BURNABY
	AAA	MAY 23-25	VANCOUVER
RUGBY	XVs/7s	MAY 29 - JUNE 1	ABBOTSFORD
SOCCER - GIRLS	A	MAY 30 - JUNE 1	KAMLOOPS
	AA	MAY 29-31	BURNABY
	AAA	MAY 29-31	CLOVERDALE
BADMINTON	N/A	MAY 30 - JUNE 1	LANGLEY
GOLF	A	JUNE 3-5	FAIRWINDS
	AA	JUNE 3-5	PHEASANT GLEN
	AAA	JUNE 3-5	ARBUTUS RIDGE
TRACK & FIELD	MULTI EVENTS	MAY 31 - JUNE 1	NORTH DELTA
	AA/AAA	JUNE 6-8	NANAIMO

# SCHOLARSHIPS

BC School Sports is pleased to provide over \$20,000 in scholarships to student-athletes this year. BCSS Scholarships reward excellence in both scholastic and athletic pursuits. The successful applicants will be student-athletes who have balanced their high academic achievements with significant success as school athletes and contributions to their community.

Scholarships will be awarded to students enrolled in member schools who apply, and who meet all of the criteria. The full 2023-2024 Scholarship Application Package is available [here](#). **Deadline for submissions is May 3rd, 2024 at 4PM.**





# REACHING NEW AUDIENCES

WINTER 2024 SOCIAL MEDIA HIGHLIGHTS

BCSS is proud to continue to bring exposure to the best of school sports in BC. Over the course of our 2024 Winter Provincial Championships, we have reached more audiences than ever before throughout our Instagram and X (formerly Twitter) platforms.

**2.9M** INSTAGRAM IMPRESSIONS

**117K** PROFILE VISITS

**85.4K** ACCOUNTS REACHED



**1,847** FOLLOWERS GAINED (16.8k total)

**79.7K** IMPRESSIONS ON X (TWITTER)

## RHINO RUGBY

Exclusive Offer for BCSS Members! Gear up with Rhino and save big! As a BCSS member, enjoy special discounts on select rugby gear. Don't miss out on this amazing opportunity to upgrade your rugby essentials!



**SPECIAL PRICING ON RUGBY GEAR**

FOR BC SCHOOL SPORTS MEMBERS

USE COUPON CODE **BCSS**

# BOYS BASKETBALL BERTHING

Boys' basketball operates on a 2-year tiering cycle, meaning that there is no movement during the cycle. The proposed thresholds are as follows:

Class	Enrollment Range
1A	1-59
2A	60-173
3A	174-287
4A	288+

*Note: team count assumes of typical play ups from Holy Cross, MEI, STMC, St. Patrick*

These updated thresholds are subject to approval at the Legislative Assembly in May, but we share them now to assist teams and programs with their planning. The enrollment numbers come in a report to BCSS directly from the Ministry of Education and the numbers being used can be found in the document [here](#). Using this document, please look at the 'Total Males' Column to find your classification (tier).

A school wishing to play up in a different tier must submit a tiering classification form to the BCSS office **no later than April 15, 2024**. The request, if approved, will be for both the 24-25, and 25-26 school years. Further, the request must demonstrate a level of historical and sustained success to warrant playing to a higher tier, and requests will not be approved if it appears its being done to provide an easier path to a provincial championship qualification.



# ATHLETE OF THE MONTH

FEATURED ON [@BCSCHOOLSPO RTS](#) & [@BCDAIRY](#)



**CALEB ARRINGTON**  
MAPLE RIDGE CHRISTIAN  
BASKETBALL

**MALE**



**GWYNETH STORRY**  
MERRITT SECONDARY  
BASKETBALL

**FEMALE**

**JANUARY**



**MARKUS WESTDORP**  
KWANTLEN PARK  
BASKETBALL

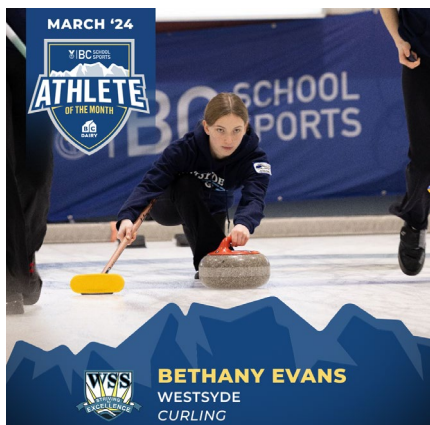
**MALE**



**MORIAH JANSEN**  
KING'S CHRISTIAN  
BASKETBALL

**FEMALE**

**FEBRUARY**



**BETHANY EVANS**  
WESTSYDE  
CURLING

**FEMALE**



**LEVI BURTON**  
GIDGALANG KUYUYS NAAY  
BASKETBALL

**MALE**



**ALICIA EVANS**  
WESTSYDE  
CURLING

**FEMALE**

**MARCH**



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# SANCTIONING

## HOSTING OR TRAVELLING TO AN EVENT

Competition between two or more BCSS member schools is automatically sanctioned. When you are travelling to or hosting an event with an out-of-province team sanctioning is required.

Complete the [Hosting](#) and/or [Travelling](#) sanctioning forms on the website at least 30 days in advance of the event or fines will apply.

## THIRD-PARTY EVENT SANCTIONING

If your school wishes to attend an event that is not hosted by a member school (e.g. university, club, community, etc.) please ensure the event has been sanctioned by BCSS before attending.

An approved list of BCSS third party sanctioned events can be found on the BCSS website [here](#). Participation in a non-sanctioned event may lead to disqualification for post-season play.

## AD TRAINING & RESOURCE VIDEOS ▶▶

BCSS has created a series of videos this year to support Athletic Directors in their role. These videos cover a variety of topics. Both new and returning Athletic Directors are encouraged to watch all the videos. The videos are uploaded to our [YouTube](#) and can serve as a resource throughout the school year.

## CHAMPIONSHIP APPAREL

If you did not get a chance to order championship apparel during the Winter 2024 season, you can buy them on the online store [here](#).



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**STRENGTHAPP**

Powered by StrengthFarm

**BC SCHOOL SPORTS**

# OFFICIAL STRENGTH PROGRAM FOR BCSS



**90-DAY  
FREE TRIAL  
PROMO CODE:  
BCSS2024**

## Customized Programs

BCSS athletes' Custom Plan begins with an assessment of their plank and broad jump. From there, athletes will receive 4 weeks of Strength Training, 4 days per week.

## Track Progress

StrengthApp offers easy to use metrics that provide athletes with personalized data that will help athletes reach their goals.

## Train Anywhere

StrengthApp gives athletes the ability to access workouts at anytime and anywhere in the world. Athletes are able to train in their weight room, at school, at home, or at a local gym.

## Our Story

StrengthApp was created by Sam Johnson, Veteran of the United States Air Force and Founder of the gym, StrengthFarm. Sam believes Strength is for Everyone and StrengthApp has the power to help people of all walks in life.

StrengthApp is available and affordable for anyone, anywhere and is the system Sam created while training young people, working professionals, people with disabilities, amateur athletes, professional athletes and military members at StrengthFarm. StrengthApp is the key to anyone, anywhere gaining access to Custom Strength Training and getting stronger for their lifestyle.

StrengthApp is the result of a partnership between A Professional Strength Coach, Digital Design Agency, and Senior Software Engineers who all began their journey at StrengthFarm together.

We share the vision of improving the performance of all people and we are passionate about helping fight against the epidemic of injuries and sickness in the world.

## Sports Performance

The StrengthApp Training system provides elite training in building stronger, more explosive, and more durable athletes. With the StrengthApp system athletes will maintain peak performance and optimal recovery year-round.

Jump higher, further, run faster, change direction quicker, and become a more explosive athlete training with StrengthApp.

In a 12 month period we have see the following results for the average athlete:

**33% INCREASE  
PLANK HOLD TIME**

**75% INJURY  
REDUCTION**

**29% INCREASE  
RELATIVE STRENGTH**

**#GETSTRONGER**



**www.strengthapp.com**

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