

NEWSLETTER

MAY 2019

2018 - 2019 BCSS AWARD RECIPIENTS



Coach of the Year
Chris Frehlick



Honour Award
Wendy Hyer



Merit Award
Janet Dunkin



Outstanding School
Nakusp Secondary

* Missing: Coach of the Year - Michelle Kelly

BC SCHOOL SPORTS 2019 AGM RECAP

Thank you to everyone who attended and voted at the BC School Sports Annual General Meeting in Kelowna. We received 184 member school votes recorded (advanced, in person and by proxy) at the AGM. It was great to see new faces at the AGM from across the province.

There were 28 resolutions put forward at the AGM, the membership voted and 23 were carried and 5 were defeated. You can find the full AGM results [here](#). The minutes from the AGM will be posted in the coming weeks.

The 2019-2020 BCSS Board of Directors were voted in and introduced to the membership to close the meeting. The new Board of Directors is:

- President:** Mike Allina
- Vice President:** Brent Sweeney
- Director:** Rick Thiessen
- Director:** Rick Lopez
- Director:** Gerry Karvelis
- Director:** Tim Martens

* There will be one board appointment to fill the one remaining vacancy.

SANCTIONING

Is your team travelling or hosting teams from outside of BC?

When playing school teams that are not members of BCSS, sanctioning is required from both BCSS as well as the other state or provincial association. Member schools are only eligible to play member schools and not club teams. Sanctioning forms are to be submitted 30 days in advance of competition.

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2018 - 2019 BCSS AWARD WINNERS

COACH OF THE YEAR — *The Coach of the Year is presented to an individual who personifies the values of school sport while in a coaching role, while developing student-athletes, both on and off the field of play.*



MICHELLE KELLY - Michelle Kelly had an active high school sport career at Steveston Secondary in Richmond where she played Volleyball, Basketball and Soccer. Further, she played Softball at an elite level outside of school leading to a scholarship at Oklahoma State where she completed her Education Degree. During that time Michelle was a member of the Canadian National Softball Team. Michelle coached throughout her education practicum at Putnam City High School and fell in love with school sport once again. Michelle returned from Oklahoma and joined the staff at Khalsa School in Surrey, where she has been teaching and coaching for the past 22 years.

Throughout high school, Michelle was inspired by her basketball coach Anne Gillre-Carre to become an educator and a coach. She was and continues to be a significant role model in Michelle's life and is the driving force behind her desire to give back through coaching school sport. Michelle dedicates a tremendous amount of time to school sport, she is the school Athletic Director and has coached volleyball, basketball, soccer, badminton, track and field, and ultimate in her time at Khalsa. She continually gives up her weekends and free time to engage and build relationships with students outside the classroom, something she feels is important for the development of today's youth.

Michelle is committed to her school and her teams, when asked about her favourite coaching memory she could not pick just one! She reflected on when Khalsa School had their first big victory, it was the grade 8 girls basketball team, who won the Fraser Valley Championship in 2002. The second memory she recalled was, in their third year with a Sr. Girls basketball program, the team qualified for Provincial Championships when just the prior year they finished last in the Fraser Valley. The team's commitment and growth within the year were astounding and something she will always remember.

When reflecting on the role school sport plays in students' lives and the importance of coaching, Michelle stated, "The impact a coach can have on a student cannot be measured, relationships that are formed outside the classroom provide powerful bonds that can last a lifetime". Michelle wants new teachers or people considering getting involved in school sport to know they can have an impact on students' lives and shape who they are going to become as adults.

Michelle wishes to acknowledge the coaches who inspired her in high school and university to coach and stay involved in sport, Anne Gillre-Carre, Diane Simonson, Pat Griffin, Dennis Begin, Glenn Todd, Sandy Fisher & Margaret Rebenar. She would not be where she is today without her Mom & Dad who coached her in many sports when she was younger and her husband Geoff, who has supported her along the way.

Lastly, Michelle thanks Khalsa School, Doug Wong & Kanwar Bal who continue to support her and school sport.

MERIT AWARD — *The Merit Award is presented to an individual recognizing their outstanding service as a coach, sponsor, administrator, or official at the school level and they must have also served on a local association, or sport commission executive.*



JANET DUNKIN - Janet has been involved in school sport for the past 22 years. She first got involved as the Argyle Secondary School curling team teacher sponsor when the previous coach Moe Williams transferred schools. Since jumping on board as teacher sponsor Janet became involved in school curling in many other ways; she started as the Lower Mainland Regional Curling Convenor in 1999 and then transitioned into the BCSS Curling Commissioner role in 2009, a position she has held for the last 10 years. She has hosted countless Provincial & Zone Championships and has helped keep grow the sport within the school system.

Janet is an advocate for Curling as she noted the inclusivity of the game. "It is a sport that anyone can learn and be successful at whether you are 10 years old or 100 years old, and isn't necessarily for those that are the fastest, strongest or most coordinated." Janet loves to see the students grow and learn the sport throughout high school. In recent years, BC has seen some of its high school curlers go on to represent Canada on the international stage and she is honoured to have been a part of that. While serving as curling commissioner, Janet led the work that the organizers, coaches, and volunteers do behind the scenes to put on a great events for student-athletes.

Janet just recently retired from teaching and is a part time TOC for the North Vancouver School District and has done some work as a Faculty Advisor for the SFU Education Department. In this role she encourages student-teachers to become involved in the school outside of the classroom. Relaying to her students "the impact coaches have outside the classroom form bonds and relationships that are extremely valuable. These types of relationships help keep students engaged and involved in school."

Janet steps away from the BCSS Curling Commissioner this year, but will always be around the school curling scene. She has committed to helping her successor transition into the new role, in the same way her predecessor did a decade ago.

Janet would like to thank her husband, Paul Dunkin for his support of high school curling, from coaching to helping with the commission finances; she would have not been able to do it for this long without his unwavering support. She would also like to thank former Curling Commissioner Moe Williams, who got her involved with high school curling at Argyle and encouraged her to become Commissioner.

COACH OF THE YEAR — *The Coach of the Year is presented to an individual who personifies the values of school sport while in a coaching role, while developing student-athletes, both on and off the field of play.*



CHRIS FREHLICK - After a high school career playing volleyball, basketball and track and field, which included a provincial championship in Boys Volleyball, followed by a 5th place finish the same year in Boys Basketball. Chris Frehlick went on to win a CIAU (now U Sports) National Championship with UBC in 1983. After graduating with a degree in Physical Education and then completing a year of teacher training, Chris worked and coached as a TOC in Calgary while playing on the Men's National Volleyball team from 1986 to 1992, culminating in his representing Canada at the 1992 Summer Olympics in Barcelona.

After his retirement from the National Team, Chris taught and coached for two years in Alberta before moving to BC in 1994. He arrived at Mt. Boucherie Secondary School (West Kelowna) and immediately started building a volleyball program. After three years of modest success, the Bears broke through qualifying for provincials in the fall of 1998. After a sustained run of excellence at Mt. Boucherie, Chris moved to George Elliot Secondary School (Lake Country) in 2006. Since first qualifying for the provincials in 1998, Chris' teams have never missed qualifying for volleyball provincials at either school. In 19 provincial championship appearances, his teams have earned 18 top-8 finishes, which include two bronze medals, three silver medals (including one this year) and one BCSS provincial title.

While Chris is highly competitive, school sport always remains in perspective for him. Never one to recruit students, he relies on creating a culture for his programs where the best athletes that walk through the school doors each September want to be part of the team, and from there he teaches them the game. When asked about his favourite memories in school sport, he didn't speak of his most successful seasons, but spoke of the teams that weren't that talented, but worked hard and improved throughout a season.

In addition to volleyball, Chris has also regularly coached high school basketball and track & field. When asked what his greatest coaching accomplishment is, he stated "it's a body of work, which has focused on working with lots of kids over the years." When asked why he continues to coach Chris reminisced on his own experiences stating "I am grateful to this day for the opportunities given by my own high school coaches, and I know my life would have been way different if it weren't for them. This is my way of paying back, and it's my favourite part of the day; creating connections with kids that want to be there."

Chris wishes to acknowledge his high school coaches, Dale Ohman and Ray Thompson (McNair Secondary, Richmond) for their guidance and influence. He recognizes Norm Bradley, principal at Mt. Boucherie, and his Athletic Directors Barry Kingsley (Mt. Boucherie) and Doug Meraw (George Elliot) for their support over the years. Lastly, he thanks his wife Jacqui, who herself is a recently retired teacher, and long-time school sport coach, who has always supported his constant giving of time to support his school and his students.

Lastly, when asked what Chris would say to new teachers or people considering getting involved in school sport he replied "There is no way an educator can develop the type of connection with a student in a classroom that they can in a gym or on a field. It benefits the school, it benefits the teacher and most of all it benefits the student. It doesn't matter if you start as a lowly 3rd assistant, who shags balls or sets up hurdles, get involved, and you will be a better educator for it."

OUTSTANDING SCHOOL - *The Outstanding School award is presented to a school who shows a special commitment to its students and staff through athletics, intramurals, leadership, public service and has contributed significantly to the welfare of school athletics in its local community and across the province.*



NAKUSP SECONDARY — Nakusp Secondary School is in the Kootenay Zone and has 118 students in grades 8-12. Nakusp offers their student body the opportunity to participate in numerous BCSS activities, consistently fielding teams in Soccer, Volleyball, Basketball, Golf, Skiing, Snowboarding and Track & Field. Nakusp is proud of the fact that they had 63% of their student-body participating in school sport and nearly 50% of their students participating in multiple high school sports. Even with fielding so many teams, they continue to find success on the field of play with three of their five Sr. teams qualifying for the BCSS Provincial Championships this year.

Nakusp Secondary is a regular host of BCSS Zone and Provincial Championships. They are preparing to host the A Girls Soccer Provincials this Spring. The school and community work together in partnership to ensure the school athletics program operates successfully. The Nakusp community provides tremendous support, helping the teams financially through silent auctions, fundraising and donations which allows the school to travel long distances to participate in tournaments and regular game days. The student-athletes show their thanks by representing their community with pride and sportsmanship.

In addition to their interscholastic athletics program, Nakusp Secondary runs a quality intramural program. Their senior leadership class coordinates, schedules, and supervises the activities. They schedule age-appropriate groups to encourage maximum participation and have included non-athletic events such as ping-pong, cards and foosball so there is an activity for all students to enjoy. On average they have 60-65% of their students participating in intramural activities.

The school celebrates their athletics teams throughout the school year. They use Facebook to promote local events and to showcase scores and tournaments, school assemblies are held at the end of each season to honour the team and their accomplishments, while providing an opportunity to thank their coaches. They also close each year with a school wide athletics banquet to celebrate their collective success and recognize team and individual achievements such as athlete of the year.

HONOUR AWARD - The honour award is the highest form of distinction BCSS can bestow upon an individual. The award is presented to a teacher or administrator who has demonstrated prolonged and distinguished service to school sport, as a coach and on the BCSS Board of Directors.



WENDY HYER - Basketball, Volleyball, Badminton and Soccer are all sports that Wendy Hyer played when she was in high school. She valued her time as a student-athlete so greatly, she has spent her entire professional career giving back to the school sport community by staying involved as a coach, official and sport leader. Wendy feels strongly that school sport is an extension of the classroom and a great way for educators to demonstrate they truly care about their students.

School sport has been a part of Wendy's life for over 35 years, she started her school sport journey while attending UVIC where she coached the Sr. Girls Basketball team at Lambrick Park and became a certified basketball official. She continued coaching when she got her first teaching job at Ashcroft Secondary, where she took on girls' volleyball and basketball. Wendy coached from 1984 – 2000 at different schools, where she also had the opportunity to host the inaugural "A" Girls Volleyball Provincial Championship at Charles Bloom Secondary in Lumby.

Wendy's focus shifted to officiating when she became the principal at Merritt Secondary in 2000. She became the basketball official's allocator and a mentor to those in her community and surrounding areas. Nearly 20 years later, Wendy still continues to officiate basketball while working as the Superintendent of School District 67.

In addition to her service at the school and district levels, Wendy served BC School Sports on the Board of Directors for 5 years (2011-2016). She brought positive energy while also a very knowledgeable perspective as a district administrator and sport official to the decision-making table, with the interests of all student-athletes at the forefront.

Wendy believes school sport is not about winning and losing, it is about developing character and positively contributing to school culture. When asked about her favourite school sport memory, Wendy recalled a time when she was coaching basketball and her team was on the wrong end of a very lopsided contest, in which the opposition continued to press her team despite the obvious skill difference between the squads. As a coach, she was getting frustrated and was about to go and speak with the opposing coach when one of her players said 'no coach, you taught us to never give up and that's what we are going to do'. That moment has stuck with her and showed her how important school sport is in developing character in students. Wendy continued "school sport provides a great venue for teaching commitment, teamwork, sportsmanship and so many more values we should be teaching in schools."

The relationships Wendy has formed through school sport are some of her favourites, she still sees students she coached from years ago in the community or now coaching and teaching themselves. They are thankful for the support she gave them as athletes and she is proud of the adults they have become. Wendy wishes to acknowledge everyone who has been and continues to be a part of school sport. She encourages everyone to stay involved and continue to support the student-athletes in British Columbia.



SCHOOL ADMIN CHANGES

Will you have a different school Administrator next school year? Please let us know of any changes to your school administrator as soon as possible to allow us to update our records. Please email info@bcschoolsports.ca with the updated information.

info@bcschoolsports.ca

ULTIMATE INFORMATION

Ultimate was adopted as an official BCSS activity at the 2018 BCSS AGM. We are looking forward to a great season of spirit and team competition and hope to see many of our member schools take on the challenge of a new sport. Please see the 2019 Ultimate Provincial Championship Package.

[Provincial Package](#)

2018 - 2019 BCSS SPRING DEADLINE DATES

May 7	EAC Submission Deadline (2:00pm)
May 11	Eligibility Appeals Committee Meeting

2018 - 2019 SPRING CHAMPIONSHIP DATES

May 23 - 25	AA Tennis	Vancouver
May 23 - 25	AAA Tennis	Burnaby
May 23 - 25	Track & Field Combined Events	Surrey
May 23 - 24	Ultimate	Surrey
May 24	Mountain Biking	Squamish
May 29 - 30, June 1	Rugby	Abbotsford
May 30 - June 1	A Girls Soccer	Nakusp
May 30 - June 1	AA Girls Soccer	Campbell River
May 29 - May 31	AAA Girls Soccer	Surrey
May 30 - June 1	Badminton	Victoria
May 30 - June 1	Track & Field	Kelowna
June 2 - 4	A Golf	Kelowna
June 3-5	AA Golf	Parksville
June 3 - 5	AAA Golf	Squamish



BCSS PARTNERS WITH CIAAA TO SUPPORT SCHOOL ATHLETIC DIRECTORS



BCSS and the Canadian Interscholastic Athletic Administrators Association (CIAAA) are pleased to announce a new partnership to assist Athletic Directors in providing the quality, safe and educational environments for high school athletic programs to thrive. With an overwhelming vote of the membership at the recent BCSS Annual General Meeting, the BCSS membership agreed that beginning in 2019-20 all Athletic Directors across BC will receive membership within the CIAAA. Membership benefits include access to the Leadership Training Program, Certification Program, Workshops, Resources and Networking.

[Full Press Release](#)

[ACCOMMODATION DIRECTORY](#)

Are your teams travelling this school year? Do they need a place to stay?

Check out the [BCSS online accommodation directory](#) for places to stay! Great team rates!

[TOPIC FOR BCSS VIDEO UPDATE?](#)

If you have a topic you would like to see covered in the BCSS monthly video updates, please send the request to: info@bcschoolsports.ca

[SPECTATOR CODE OF CONDUCT BANNERS](#)

Looking for a Spectator Code of Conduct Banner to Hang in your school gym? Order one through BCSS!

[Order Form](#)



BCSS would like to acknowledge the following sponsors for their generosity and support:

