

New Staff in the ACAC Office

By Robert Day, Executive Director

The ACAC Office has seen *big* staffing changes since our last edition, and not only because our new Executive Director is 6' 4" tall!

With the retirement of Irwin Strifler late last spring, the Conference Council struck a search committee to find his replacement. After interviewing four fine candidates, the committee turned to one of its own and offered Dr. Bob Day the position. Bob accepted the position and brings 19 years of collegiate athletic director experience and 25 years of university and college coaching experience to the Office (you may read his biography on page 3).

While Bob moved officially from the ACAC presidency to the Executive Director position on August 1, his work started much earlier. In mid-July, Rhonda Gingras informed him that she had found other employment and would not be returning to the ACAC Office on August 1 as planned. This created more change for the Office and the Conference was most fortunate indeed in recruiting Ms. April Zucker for this position (please see her personal bio on page 3). April comes to the ACAC from Red Deer College athletics and brings not only a wealth of ACAC experience to the Office, but also a fine work ethic and a range of skills which shall serve the Conference well.

As many of you know, ACAC Commissioner Bill Dean assumed the AD duties at Grant MacEwan College last spring and as a result, was compelled to step down from his ACAC commissioner position. Many thanks to Bill for the fine job which he did during the 2001-2 season. We are fortunate to have filled this vacancy with Mr. Steven Phipps. Steve, an avid and knowledgeable sports fan, a recreational participant in many sports and a serious "iron man" competitor, works in the law branch of the City of Edmonton. Steve has already put his mark on the Conference and has shown a distinct flare for, and dedication to the job.

We are very pleased that we have found three experienced individuals to replace Irwin, Rhonda and Bill. The learning curve has been significant for Steve and the work in the Office has been extensive but it has been extremely helpful that both April and Bob are familiar with the Conference and its general operations. The three of us look forward to working with everyone in ACAC athletics.

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ACAC MISSION STATEMENT

The ACAC is the governing body for intercollegiate athletics in Alberta. Its mission is to foster the development of the student-athlete through the administration and promotion of intercollegiate athletics as part of the education and provide a leadership role in the development of sport in Alberta.

The ACAC is a non profit society and has been incorporated under the Societies Act of Alberta since 1981. The ACAC was formed in 1964 as the Western Inter-Collegiate Conference (WICC).

This newsletter is an internal publication of the ACAC which is distributed three times annually (Pre-season, January and April) to the member institutions of the ACAC. The opinions expressed in this newsletter are not necessarily those of the officers, employees or members of the ACAC. Individuals or organizations interested in this publication may request a rate schedule. If you wish to submit an article for the next newsletter please send it to the ACAC at office@acac.ab.ca. Articles may be edited due to space restrictions.

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Acac Staff BIOGRAPHIES

ACAC Executive Director Dr. Robert D. Day

Bob Day hails from southwestern Ontario where he enjoyed a wide-ranging exposure to numerous sporting opportunities, particularly in baseball, hockey and basketball. Following the completion of bachelors and masters studies at the University of Western Ontario, where he played basketball, Bob travelled to Edmonton to pursue doctoral studies in Canadian history and sport history at the University of Alberta. While at the U of A, Bob served as an assistant coach for two seasons with the Golden Bears hockey team.

Following completion of the doctorate, Bob worked for two years as the manager of the medical operations department and drug testing for the 1983 World University Games. In 1983, Bob moved to the recently founded King's College as the registrar and director of student affairs and in this capacity started the athletic program at King's. He moved into a newly-created athletics/physical education position at The King's University College in 1990. Since King's gained membership in the ACAC in 1996, Bob has served the Conference as the basketball convenor, and as a member of the Executive. Last spring, just prior to assuming the ED portfolio, Bob was elected as the President of the Conference.

ACAC Commissioner Steven Phipps

Steve, an avid sports fan and enthusiastic recreational hockey and ball player, was born and raised in Montreal. Steve attended John Abbott College, where he covered CCAA hockey and football for the local newspaper, before moving on to McGill University where he graduated with a Bachelor of Commerce degree in 1985. After leaving McGill, Steve entered law school at the University of Alberta where he graduated in 1988. In 1989, he was invested as a member of the Law Society of Alberta. He is also a member of the Law Society of BC.

Steve joins the ACAC staff after several years of familiarity with the Conference. In his short tenure, he has shown both an astute reading of the Conference Operating Code and a reasonable willingness to interpret the Code to the benefit of all of those participating in ACAC events. Steve has demonstrated a commitment to his task which is clearly appreciated within the Conference ranks. He is committed to fairness, and looks to make a valued contribution to the Conference.

Steve's current recreational focus includes long distance running and triathlons and he is engaged in a regular training regimen in these favorite activities.



ACAC Executive Assistant April Zucker

April Zucker comes to the ACAC office from Red Deer College Athletics & Kinesiology where she was the Program Assistant for four years and the Events Coordinator for one year. In that time, she took a one year leave of absence to join the staff of the 2001 World Championships in Athletics in Edmonton as the Venue Coordinator.

Prior to that, April obtained a Recreation Administration diploma from Red Deer College where she was an ACAC All-Star on the badminton team and an Academic All-Canadian for two years running. April then went on to complete a Bachelor of Arts degree in Recreation Administration from the University of Alberta, graduating with Honors in 1995.

A Good-bye to a True Friend of the Conference!

By Robert Day, Executive Director



It was with surprise and regret that the Conference Executive received news from Executive Director Irwin Strifler last spring that he intended to step down from his position and sample retirement. Irwin had served the Conference as the Executive Director for four years but as many readers know, Irwin's contributions to the Conference were much more significant.

Irwin came aboard as the Executive Director after 30 years as the athletic director at NAIT. His first foray into Conference business occurred in 1968, the year in which the ACAC predecessor, the Western Inter-College Conference (which, interestingly, included both athletics and fine arts), changed its name to the Alberta Colleges Athletic Conference. Irwin first joined the executive committee of the Conference in 1973 as secretary where he served a two year term. He returned to the executive in 1980 as vice-president and since that time has made a significant contribution to the Conference, including 8 years as secretary, 4 years as vice president and 8 years as president!) Prior to accepting the Executive Director position upon the departure of Mark Kosak to Mt. Royal College, Irwin most recently served the Conference for four years as its president.

Personally, Irwin has served as a valued colleague and friend. Since May, he has also provided necessary mentoring in my position first as ACAC president, and now as his replacement in the Office. Irwin's retirement represents a changing of the guard somewhat in the Conference, a changing that is softened by the contributions he has made and continues to make each time I call him as a resource. We are fortunate to have experienced and considerate people such as Irwin among us, and the Conference has benefited significantly from the contributions which he and his colleagues around the Conference table have made to the development of collegiate sport in Alberta. We will miss Irwin, but his impact on the Conference and the college athletics scene will not be forgotten.

Irwin and Joyce continue to reside in Edmonton but intend to spend as much time as possible at their retreat in Invermere, BC. The Conference Council will celebrate with Irwin and Joyce both his contributions to the Conference and their retirement at its annual December planning meetings being held in Red Deer, December 9-12.

On behalf of us all Irwin, and especially those student athletes who have benefited from your efforts, thank you!

Special thanks to ACAC sponsors:



2002 ACAC Golf Championships September 23-24, 2002



Lakeland College hosted the ACAC Golf Championships on September 23-24, 2002 at the Lloydminster Golf and Country Club.

A total of 36 holes were played over the 2-day period. The top 2 of 3 scores are used for the Women's Team event, while the Men's Team event is best 4 of 5 scores.

MEN'S TEAM

GOLD SILVER BRONZE

Mount Royal College (621) Lethbridge Community College (633) NAIT (653)

MEN'S INDIVIDUAL AWARDS

GOLD SILVER BRONZE

Vaugh Spengler LCC (150) Michael Danko NAIT (151) Nick Chomack MRC (152)

WOMEN'S TEAM

GOLD SILVER

Mount Royal College (339) Portage College (490)



WOMEN'S INDIVIDUAL AWARDS

GOLD SILVER BRONZE

Kristen Rostad U of C (156) Kristen McDonald MRC (161) Whitney Townsend MRC (178)

2002 CCAA PING Canadian College National Open Golf Championships October 8-11, 2002



Hosted by Durham College, Oshawa, Ontario.

FINAL Results Team MEN'S DIVISION

Mount Royal College—6th Place
986 (326/331/329)

FINAL Results Individual MEN'S DIVISION

Mark Rice (MRC) - 7th Place
230 (76/78/76)

*Congratulations
Mount Royal College
For receiving the CCAA
Fairplay Award*

FINAL Results Individual WOMEN'S DIVISION

Kristen MacDonald (MRC) - 4th Place
255 (82/87/86)



NAIT Athletics Unveils Wall of Fame

Submitted by
Gregg Meropoulos,
Athletic Director, NAIT

The philosophy of NAIT Athletics is to provide a diversified program committed to achieving excellence in intercollegiate athletics, meeting the needs of skilled athletes and fostering competition among post secondary institutions. NAIT currently provides athletic opportunities to over 190 athletes, on 13 teams, competing in nine sports.

NAIT Athletics' tradition of excellence was forged in the heat of competition both in the classroom and on the playing fields. A conference leader in Academic-Athlete awards, NAIT athletes have also distinguished themselves in ACAC and CCAA competition. Since 1964, the Oaks have won over 150 team and individual ACAC championships, including 34 badminton titles, 26

curling titles and 13 men's hockey championships. Since 1974, the Oaks have won a total of 13 CCAA championships in five sports highlighted by the men's hockey team, who have won, a record seven national titles. In 2001-02 NAIT sent three teams to national championships, coming away with a gold medal in men's doubles badminton and a bronze medal in men's soccer.


NAIT has also always been a champion of intercollegiate athletics in Alberta. As a founding member of the Western Inter-College Conference in 1964, to its evolution into the Alberta Colleges Athletic Conference (ACAC) in 1969, NAIT has been there to shape the development of post secondary sport. The ACAC is now widely recognized as the strongest

conference in the Canadian Colleges Athletic Association.

On the weekend of October 18-19, NAIT hosted its 40th Anniversary Homecoming and officially opened their Athletics Wall of Fame honoring those who have made significant contributions to Oaks Athletics. Activities featured an Athletics Alumni Reception at the "Nest" followed by the unveiling of the Wall of Fame. The formal induction of the initial members of the NAIT Athletics Wall of Fame took place at the gala dinner hosted at the Shaw Convention Center.

The first inductees to the NAIT Athletics Wall of Fame were: Garry Meadus (Builder), Perry Pearn (Coach) and Kevin Martin (Athlete)

...Continued on page 7



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Wall of Fame *continued...*



The Builder

Garry Meadus is the architect of NAIT Athletics. Hired as the first Director of NAIT Student Services in 1963, he moulded a program that embodied his humanistic philosophy of Student Services. Garry's outstanding accomplishments include forming the first NAIT Students Union, student newspaper and yearbook, and developing NAIT Health Services, Counseling and Alumni Services. He began the NAIT athletic program, forming and then coaching the men's basketball team in 1964. He also coached the Golf team from 1967 to 1970 and was a founding member of the Western Inter-College Conference in 1964 (incorporated in 1981 as the ACAC). Garry served the WICC and the ACAC from 1964, retiring from NAIT in 1991. He returned to serve five years as ACAC commissioner and is currently the golf convenor.

The Coach

Perry Pearn joined NAIT's Physical and Leisure Education staff in 1978. He served as head coach of the Ooks hockey team from 1978 to 1990 and from 1991 to 1993. During his 14-year stint coaching the Ooks, the team never finished lower than third in ACAC competition. Perry won six ACAC championships as head coach including the 1984-85 team that went undefeated. He also won six CCAA titles as a coach and won the CCAA Coaching Excellence Award in 1983. He coached the 1992-93 Canadian team at the Spengler Cup, which included the Soviet Red Army. Perry won three World Championships with the Canadian Junior team; two as an assistant coach and one as head coach. He served as an NHL assistant coach with the Winnipeg Jets (1995-96) and is currently on the coaching staff of the Ottawa Senators (1996-2002).

The Athlete

Legendary curler **Kevin Martin** enrolled in the Petroleum Engineering Technology program in 1984 and curled for NAIT for three years, winning gold, silver and bronze medals in the ACAC. In 1985 Kevin's foursome won the Canadian National Junior Championship and he was chosen as NAIT's Athlete of the Year. Kevin also won a CCAA silver medal in 1987, and represented Canada at the World Junior Championships in 1986, winning a silver medal. Since leaving NAIT, Kevin has won six Alberta men's championships and appeared at the Brier six times, winning two. He has posted second and fourth-place finishes at the World Championships, and took home a silver medal from the 2002 Winter Olympics in Salt Lake City (he came in fourth at the Albertville Olympics in 1992.) He has won five TSN Skins Games and his team has posted career earnings of over \$900,000. He has also won the World Curling Tour Championship three times, in 1994, 1999 and 2000.



ACAC Cross Country Running Championships

October 26, 2002

submitted by Mark Lund, MacEwan Coach

146 athletes, plus coaches, trainers and spectators gathered in North Capitol Park in Calgary, on a snowy Saturday morning October 26, 2002, to participate in the annual Alberta Colleges Athletic Conference - Cross-country Running Championships. Weather and track conditions were not ideal, it had snowed, was snowing, and the temperature was hovering on the freezing point. For the first time in the author's memory, the event was hosted on a 2 km loop (vs. our normal 4 km loop). This provided a great opportunity for the spectators to see much more of the racing. The course was run on a good mixture of grass trails and provided some excellent hill work. SAIT is to be complemented for hosting a fine event under trying conditions.

In the ladies event Grand Prairie Regional College arrived with a team of 12 runners and upset the Grant MacEwan Griffins who had dominated the women's team standings all season. In the men's event, the Mount Royal Cougars were able to place enough finishers in the top ten to outscore the season's front runners from Augustana University College.

Full meet results are available at:

www.artsci.gmcc.ab.ca/people/lundm/acacrresults/acacchamps02.htm

Top Three Women

- 1 - Mary Kamau (LCC)
- 2 - Jessica Schmidt (GPRC)
- 3 - Bonny Seaborg (NAIT)

Top Three Men

- 1 - Carl Skinstad (AUC)
- 2 - Louis Renteria (LCC)
- 3 - Jamie Masters (AUC)



Top Three Women's Teams

- 1 - Grand Prairie Regional College Wolves
- 2 - Mount Royal College Cougars
- 3 - Lethbridge Community College Kodiaks

Top Three Men's Teams

- 1 - Mount Royal College Cougars
- 2 - Augustana University College Vikings
- 3 - Lethbridge Community College Kodiaks

In the Annual Grand Prix awards, based on the best three Grand Prix events plus the ACAC Championships:

Top Five Women

- 1 - Mary Kamau (LCC)
- 2 - Marcia Birkigt (AUC)
- 3 - Meghan Stewart (MRC)
- 4 - Carolyn Dunn (MacEwan)
- 5 - Annik Levesque (AUC)



Top Five Men

- 1 - Carl Skinstad (AUC)
- 2 - Louis Renteria (LCC)
- 3 - Jamie Masters (AUC)
- 4 - Stewart Aune (MRC)
- 5 - Brian Roppelt (MacEwan)

ACAC Soccer 2002-03 Season Summary

Submitted by Brian Ellis, Soccer Convenor

This year the ACAC soccer program saw considerable reorganization, with two new teams, separate North and South divisions with no crossover and divisional playoffs.

The new divisional playoffs matched the second and third placed teams after regular league play in the divisional semi-final. The winner then played the first place team in the league in the divisional final, to determine the divisional winner and second place. Both teams then represented their respective divisions in the four team provincial playoffs.

Mount Royal Cougars and Concordia Thunder hosted the women's divisional playoffs after placing first in their respective divisions after regular league play. In the North semi-final NAIT edged out Grant MacEwan and in

the South the SAIT Trojans were the victors. Both games were very close, as were the finals with Concordia and SAIT coming out on top.

Concordia hosted the Kicks ACAC Women's Soccer Championships, matching Concordia and Mount Royal and NAIT with SAIT. The following day saw an all-southern final with SAIT the eventual 2-1 winners over Mount Royal.

The men's divisional finals were hosted by NAIT Ooks and Lethbridge Kodiaks with Medicine Hat playing Mount Royal in Lethbridge and Concordia playing Grant MacEwan at NAIT. The following day saw Mount Royal defeat Lethbridge and NAIT defeat Concordia to claim top spot in their respective divisions.

The Kicks ACAC Men's Soccer Championships the following

weekend matched Mount Royal with Concordia and NAIT with Lethbridge. In complete contrast to the women's final, the men's final was an all north affair with NAIT and Concordia left to battle for the provincial championship. After scoring an early goal, Concordia never looked like they would relinquish their lead and once the second goal hit the back of the NAIT net, the provincial champions were never in question.

Congratulations to SAIT women and Concordia men, 'GOOD LUCK AT NATIONALS'

ACAC thanks are extended to:- Lethbridge, Mount Royal, NAIT and Concordia for hosting the divisional play-offs and Concordia and Mount Royal for hosting the provincial play-offs.

ACAC Soccer All-Conference and Coach of the Year Awards

WOMEN:

FORWARDS:

Lindsay MacDonald, #15, NAIT
Serena Kerekes, #3, SAIT
Lesley Brennan, #6, CUCA

MIDFIELDERS:

Miranda Chong, #9, NAIT
Erin Brookwell, #13, RDC
Irma Hernandez, #11, RDC
Stephanie Mackey, #16, MacEwan

DEFENDERS:

Kristin Bachman, #3, MRC
Danielle Quimper, #13, CUCA
Veronica Harvanka, #7, MacEwan

GOALTENDER:

Samara Smith, CUCA

MEN:

FORWARDS:

Axel Chinyanta, #9, LCC
Jeff Hazelden, #11, MacEwan
Jesus Castrillion, #15, MHC

MIDFIELDERS:

Bara Obeidat, #7, CUCA
Dustin Jodrey, #11, KC
Juan Amorin, #9, MacEwan
Tony Chimera, #12, MRC

DEFENDERS:

Wendel Bertrand, #11, NAIT
Gus Wensmann, #17, LCC
Ryan Dyck, #18, MRC

GOALTENDER:

Ryan McDonald, MHC



COACH OF THE YEAR

WOMEN'S SOCCER
Jerry Gerling, RDC Queens

MEN'S SOCCER
Graham Wood, NAIT Ooks





Women's Soccer Club all Smiles due to Sports Wise Source for Sports Sponsorship

Submitted by Wade Kolmel, Athletic Director, Keyano College



Keyano College Huskies Women's Soccer Team

A \$15,000 donation by Sports Wise Source for Sports to the Keyano College athletics program is certainly significant, but it is only the latest link in a long chain of support for sports in the Fort. Since the inception of the store in 1984, donations to – and leadership of – amateur sport have been an integral part of the Reynolds family business.

“It gives an opportunity for a young person to learn. We can educate our youth and build a great city together,” said Sports Wise founder Sonia Reynolds.

Keyano athletics director Wade

Kolmel said the three-year donation was most appreciated.

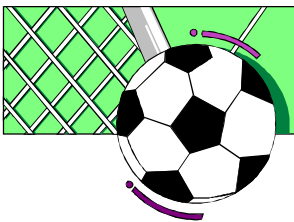
“It's the most significant donation to athletics in our history. It has helped us meet the hosting and travel requirements of Alberta Colleges Athletic Conference competition”.

Keyano's Huskies are more than pulling their weight in the provincial college sports league. With five programs (volleyball, golf, running, swimming, and soccer) representing the College across Alberta, these dogs have teeth. Athletes have been recruited from across the province and beyond, thanks to the growing

athletics program and the attractive Athletics Bursaries packages – including a \$500 award from Sports Wise for a Fort McMurray high school graduate who competes for Keyano.

Support from community-minded businesses such as Sports Wise Source for Sports has helped Keyano College become a destination of choice for 80 students seeking a competitive sport experience in the ACAC. By the numbers, 75% of the Huskies hail from Alberta, two thirds of whom originate from the Fort McMurray sport system. The remaining athletes who made Keyano College their destination of choice cover the rest of Western Canada, with the province of Manitoba providing 10%, Northwest Territories 8%, Saskatchewan 5%, Ontario, 2% and BC contributing the remaining 1%.

Between local club initiatives and out of region recruitment, the coaching staffs of our programs have been busy in their attempts to provide a high quality sporting opportunity to the students of Keyano College.



**Keyano College Huskies
Men's Soccer Team**





SAIT TROJANS KEEPING IT IN THE FAMILY

Submitted by Lori Nielsen, SAIT Athletics

The SAIT Trojans truly believe in "keeping it in the family". There are four different sibling combinations on the teams this season including men's volleyball, women's hockey, women's basketball and men's basketball.

The SAIT Trojan men's volleyball team have two new additions to their roster - and you may call them the "Trojan Twins". Although they are in two different programs at SAIT, **Jesse and Curtis Griffith** have the same taste for sports AND the same birthdates. At 19 years of age, Curtis is in his first year of SAIT's Business Administration program and his twin brother Jesse is in his first year of SAIT's Hotel & Restaurant Management program. Both grew up in Brandon, MB and have a history of volleyball experience. At 6'4", Curtis was on the 2000 Youth National Team Canada and was a setter for the 2001 men's volleyball team in the Canada games (bronze medal). Jesse, also 6'4", plays right side/middle and was team captain & CPAC-PAC Champions, First Team All-Star, and MVP in the 2001-2002 season. While in high school, Jesse also won the AAAA provincial championship.

Griffith is not the only name you will see repeated in the men's volleyball roster. You will also notice the names **Mike Bennett** and **Matt Bennett**, another sibling pair. Mike is a 5'10" Power in the Chemical Technology Program who is joining the Trojans for his first year, while brother Matt is a third year 6'0" Power with the

team. Both brothers joined the Trojan squad after playing with the Red Deer Kings.

The SAIT Trojan women's hockey team are also keeping it in the family with two new additions. Sisters **Bobbie and Megan Silljer** are both first year players with SAIT and are enrolled in the Business Administration program. Bobbie, 19 years old and 5'4", won provincials with the 2001-2002 Oval Extreme team and went to the nationals in Ottawa. This defenseman also won nationals in the 2000-2001 season playing with the Saskatchewan Commets. 17 year old Megan, was also on the national champion 2000-2001 SK Commets team, where she played goal.

Following suit with men's volleyball and women's hockey, the Trojan basketball teams are boasting a brother-sister pair on the court this season. **Chelsea Lukomski**, 5'10" guard from Chestermere, has joined the Trojan women's team this season while her brother **Adam Lukomski**, 6'7" post, is in his second season with the Trojan men's team. Interestingly enough, their father, Gene Lukomski, played with the Trojan hockey team during the 1976-1977 season.

Chelsea is enrolled in the Legal Assistant program at SAIT and won a provincial silver medal with the Chestermere Lady Lakers in 2000-2001. A former Calgary Selects and Calgary Outwest basketball player, Chelsea finished high school five months early and went to Australia to play basketball. Adam, enrolled in the Computer Engineering Technology program at SAIT, won an ACAC silver medal with the

2001-2002 Trojan basketball team and won the zone championships with the 2000-2001 Lakers team.



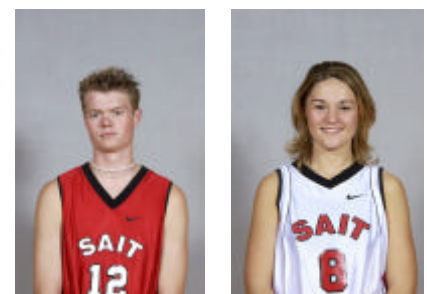
Curtis & Jesse Griffith



Matt & Mike Bennett



Bobbie and Megan Silljer



Adam & Chelsea Lukomski



ACAC MEN'S BASKETBALL OUTLOOK

Submitted by Marc Dobell (NAIT), Men's Basketball Convenor



A lot of new faces will be the trend this year in ACAC men's basketball as many players and coaches have changed from the 2001-02 season. Following is an overview of what to expect this year from ACAC Basketball...

SOUTH

SAIT has got to be the team to beat in the South even with the departure of All-Canadian Eddie Richardson. A very good recruiting class has the Trojans looking to earn a birth in the ACAC championship game for the 4th straight time. Breathing down their necks should be the **Lethbridge Community College Kodiaks**. Many players are back from previous years and although they were not around last season, they are very experienced. This team will be good come March.

Mount Royal has a good crop of young players to go with a couple of all-conference players returning from last year. Their new players must play a significant role if the Cougars look to battle for the top spot in the South. **Medicine Hat** has several returning players from one of the 'Final 4' teams and could be very strong. The Rattlers are the only team in the south with a new coach but many veterans could minimize the transition period. If MHC gets on a roll...watch out.

Prairie Bible Institute is a very good team and will surprise a lot of colleges this year. The Pilots will battle for a playoff birth for the first time in school history. **Briercrest** rounds out the South Division with a young but talented team. When they get it going they are tough to keep up to as they get up and down the court fast. This team could improve dramatically as their youth and inexperience becomes more experienced throughout the season.

NORTH

NAIT returns as ACAC champions and looks to compete again for the North Division title. The Oaks lose All-Canadian Jason Damery, but have seven returning players and are one of only two teams in the north who have their coach returning from last season. **Augustana University College** lost a number of key players from its 'Final 4' team but continue to compete for top spot of the division. The Vikings may not be big, but they are good and play very well together. They are also the only other team in the north to return their coach from last season.

Grant MacEwan College will be young and talented. The Griffins will try to find their consistency early to battle for top spot in the division. This team should improve a great deal over the season. **Concordia University College** has a very athletic and veteran team that should compete for the division title. Three players move over to CUCA from MacEwan and provide a lot of experience and depth to the Thunder lineup.

Grande Prairie Regional College has many new faces, but also good talent and size. Optimism is high within the Wolves and they should be very good when they mesh. **Red Deer College** is young. Little else is known about the Kings as they have a new coach and many new players. This is another team that could be much improved as the season progresses.

The King's University College will be much improved from last year. A number of players return and provide leadership to a team that will surprise many this season. The Eagles hope to climb back into the playoffs after a one year absence.



ACAC Women's Basketball

Submitted by Jackie Frost (TKUC), Women's Basketball Convener

ACAC Women's Basketball kicked off the 2002-03 season on September 26-28 with the annual pre-season basketball tournament. Six teams from both the north and south had the opportunity to enjoy the spectacular new athletic facilities at Mount Royal College, host of this year's tournament.

The annual tournament provides an excellent opportunity for teams to cross over and compete with rivals and colleagues from all parts of the province. This tournament offers coaches an opportunity to expose rookies to college-level basketball, to experiment with new ideas and establish team fundamentals while providing them with a great team bonding experience. As usual, Mount Royal College did an outstanding job in the planning, preparation and running of the tournament. Thank you Mount Royal!

Teams from the north started off the official ACAC basketball season the weekend of October 18-19 with teams from the south joining in one week later.



Taking into consideration how early in the season it is, it is difficult to make a prediction from the preliminary standings. Having said that however, scores from the North indicate more equality in this division than we've seen in years past which should make for an exciting season!

Good luck to all teams. Let's hope for a competitive season grounded in sportsmanship and camaraderie. A season where all teams can develop and grow as athletes and people through the shared passion of basketball.



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A LOOK INTO THE CRYSTAL VOLLEYBALL

By Trevor Turner (NAIT), ACAC Women's Volleyball Convenor

With exhibition play wrapped up and league play underway, women's volleyball at the college level looks to be very tight this year. With a number of teams having a great shot at winning the provincial championships and advancing to nationals in March, it is too early to make any early season predictions. Instead here is a brief outlook for each team.

In the NORTH...

GRANDE PRAIRIE REGIONAL COLLEGE WOLVES



The Wolves have the best athletic team in the conference and will keep many teams off guard with their offensive output. Key returnees include ACAC Player of the Year Kerry Hall and setter Sarah Vogan. Keep your eyes on first year players Shauna Zimmer and Tracy Doll.

GRANT MACEWAN COLLEGE GRIFFINS

Ken Briggs takes over as head coach and has brought in some very talented first year players. Although the team is young watch for them come playoff time. The team will rely on veteran Meaghan Dyck to have an outstanding season and will look to first year player Lindsay Saunders to become a force as the season progresses.



KEYANO COLLEGE HUSKIES



The Huskies have become a very strong team, as head coach Sheldon Germain brings in some top notch recruits from Alberta and Saskatchewan. With All Conference Player Tracy Muyres returning, the Huskies do have a go to person to score when they need it. Also look for Crystal Choma and Kara House to lead the team.

LAKELAND COLLEGE RUSTLERS

The Rustlers are very young this season and will rely on their enthusiasm and hard work to win their matches this year. Keep an eye on the Rustlers to pull off a number of upset wins this year.



NAIT OOKS



With a wealth of experience the Ooks are hoping to build towards the playoffs and possibly pull off a couple of upsets to advance to Nationals. With Julie Lindemulder returning for her fourth season, the Ooks will look for her to have an outstanding season.

PORTAGE COLLEGE VOYAGEURS

The Voyageurs are in a rebuilding year and will continue to develop as the season progresses. Look for them to play some great defence and serve very aggressively.



THE KING'S UNIVERSITY COLLEGE EAGLES



The Eagles will be a very good team this year. With ten returnees, the team will have a number of key players that can come off the bench if the starters struggle. Sheri Folkers and Coby Doef will lead this team in a run at the provincial championship.

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And in the SOUTH...

BRIERCREST BIBLE COLLEGE CLIPPERS



Liesl Barg takes over as head coach of the Clippers and has done a great job with recruiting over the summer months. Returning to the Clippers for her fourth and final year is setter Christa Enns, who played for Mount Royal last year. Christa will be a calm influence on the court and will rely on rightside player Kristen Wakeham to lead the offence.

LETHBRIDGE COMMUNITY COLLEGE KODIAKS

With a number of key returnees, including Sienna Stewart and Amanda Weitz, the Kodiaks looked very good in exhibition play and will be tough to beat come playoff time. Keep an eye on Tiffany Fallwell to have a great season.



MEDICINE HAT COLLEGE RATTLERS



The Rattlers have shown in exhibition play that they will be a very good defensive team during the regular season and will score a lot of points from the opponents mistakes. Tara Gill and Pauline Twidale will be relied upon to lead their offence.

MOUNT ROYAL COLLEGE COUGARS

With a mix of veterans and rookies, the Cougars will look to third year player Amy Carter to be a leader on and off the court, and she should lead the team to a playoff spot come February. Jessica Stillborn takes over the role as the starting setter and the squad will gel as the season progresses.



RED DEER COLLEGE QUEENS



After a bronze medal finish at last years Nationals, the Queens are determined to be better this year. With CCAA All Tournament middle Lori Gregoire returning, the team will look to her for the big kill. Third year setter Christine Walsh also returns. Walsh may be the best setter in the league, having confidence in all her hitters and running a very controlled offence.

SAIT TROJANS

The Trojans will surprise many teams this year. They are a very big and athletic team who might possibly have the best player in the league in Paula Evans. Also look for Amanda Kraft to have a great season.



Women's college volleyball in Alberta continues to improve and move forward in its development in quality programs throughout the Conference. There is an abundance of quality players in the league and there will be some exciting volleyball to watch throughout the year.

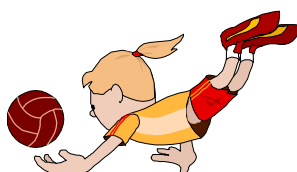


TKUC Eagles Women's Volleyball

Submitted by Mark Mahl, Head Coach



The TKUC Eagles women's volleyball team is finally getting to the level of play they want to be. With four 4th year players returning—All-Conference setter Coby Doef, All-Conference middle Laura Tuininga, Kari-Ann Dykstra and Lisa Buikema—the team has a good mix of vets and younger players. Throw in 3rd year All-Conference power Sheri Folkers with Angela Reize, Elly Doef, and 1st year Kristen Dykstra and this team will be ready to push for the provincial pool. Just recently the ladies had their best ever finish at an ACAC exhibition tournament finishing third. The girls are having fun, and want to achieve their goal of making the “power pool” division. They realize it is going to be tough because of all the good teams out there this year!



Coby Doef & Angela Reize Blocking



ACAC Men's Volleyball Season Prognosis

By Benj Heinrichs (MHC), Men's Volleyball Convenor

The strength of the men's volleyball programs in Alberta continues to escalate. The level of play that will be displayed this season may very well be the best yet. Alberta has dominated the CCAA Championships for over a decade, and the province's reign at the top doesn't appear to be in jeopardy any time soon. In fact, as has been the case for the past couple of years, the ACAC Provincial Championship tournament will likely determine this year's CCAA Gold and Silver medalists. If the CCAA would allow more than 2 teams from one province at the big dance, there'd be a good chance of the ACAC sweeping the medals, and legitimately having 5 or more teams that could compete in the tournament.

In the south, **Red Deer College** again looks like the team to beat. With a strong core of returning players and the addition of some very talented rookies, this could very well be the most well-balanced and deepest team in CCAA history. Their main competition will likely come from **SAIT** and **MRC**, but don't count out **MHC**, **LCC**, and **BBC**, as this year's south division will be it's most competitive ever. **SAIT** has a unique combination of experience and youth that could gel nicely

together. **MRC**, led by new coach Ryan Marsden, should be very competitive as well and are hoping to improve on their ACAC bronze medal performance of a year ago. The remaining 3 teams are quite young, but each program has some great players who are looking forward to pushing the top teams to the limit and try and sneak out a spot in the provincial pool for the second half.

In the north, the competition is going to be intense. Early indications point to a slight advantage for **GPRC**, but **MacEwan**, led by new coach Shawn Sky, and **KC** are hot on their heels. These 3 teams will likely beat each other up while qualifying for the provincial pool. **NAIT** will prove to be good competition for these 3 teams and will be looking to qualify for the provincial championship. **KC** and **LLC** have younger squads, who will be looking to improve as the season goes along, and challenge some teams looking for a spot in the playoffs. **PC** enters the year still looking for their first win in ACAC competition.



Everyone's looking forward to an exciting season of elite volleyball, and this year's edition of ACAC Men's Volleyball will certainly not disappoint.

SAIT HOCKEY IN THE BLOOD By Morgan Blair

When it comes to a relationship between father and son it is likely that a dad hopes his son will follow in his footsteps in one way or another. This is the case with father Scott Kolewaski and son Anthony.

Scott started attending SAIT in 1978 and made the Trojan hockey team as forward. Although he mainly chose to come to SAIT because of the hockey team, he took business while he was here. Scott had been playing hockey for about 13 years before he came to the Trojans and it seemed to pay off. In his time with the Trojans, he established records for most goals and most points in a season, records which still stand.

After his time at SAIT Scott moved on like many people do, found a job, was married and started a family. He is now the commercial sales manager at The Brick and he still plays a little hockey here and there.

Scott bought his son Anthony, who is now 19 years old, his first pair of skates when he was only four years old. "My wife and I got Anthony into playing hockey when he was young, but he has made his own decisions ever since," said Scott. "We never pushed him into attending SAIT, we gave him some options of other

Photo provided by Morgan Blair



schools, but he chose SAIT."

Now twenty-three years since Scott left SAIT, the next generation of Kolewaski's is following in Dad's footsteps.

With fourteen years of experience behind him, Anthony has quite the accomplished hockey background. Anthony started playing AAA bantam and midget level hockey when he was old enough. "After midget, I went to Saskatoon and played junior hockey for the Blades. I also played some junior level hockey in Grand Prairie," said Anthony.

In the past, like his father, Anthony has accomplished some amazing things, including: winning midget top goal tender, making the all star team, and winning the national midget championship.

When choosing SAIT for his post secondary education Anthony did think about how his father also went to SAIT and played hockey. "It wasn't what made me make my

decision, but the fact that my Dad also played hockey here definitely was a factor in my choice," said Anthony. "My Dad never pushed me to come here or do anything he did. My parents just supported my choices, they have always supported me."

While attending SAIT, Anthony will be taking the Computer Engineering program. "Keeping up with all my school work is really tough when I have hockey nearly every day of the week, but I think I can handle it," said Anthony.

In his time with the Trojans Anthony hopes to follow his father and set some records of his own. After he graduates from SAIT Anthony has plans to move on and play more hockey for as long as he can. "Hockey has given Anthony a lot of opportunities in life, we are very proud of all that he has accomplished," said Scott.



Father Scott Kolewaski in action for SAIT!



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ACAC STUDENT ATHLETES' CODE OF ETHICS

Integrity

Student Athletes must respect the rights of others, coaches and the public.

Competence

Student Athletes must strive to perform to the best of their abilities.

Athlete's Interest

Student Athletes must act in the Team's best interest.

Respect for the Rules

Student Athletes must play fair and exhibit respect for the sport

Respect for Officials

Student Athletes must exhibit respect for referee's and officials' judgment and decisions.

Personal Conduct

Student Athletes must expect and present the best of one's self at all times.

Academics

Student Athletes must place Academics before Athletics.



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