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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](mailto:office@acac.ab.ca). Articles may be edited due to space restrictions.

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# CCAA ATHLETES OF THE YEAR

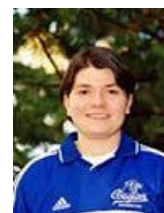
*Submitted by Mat Gentes, CCAA Coordinator of Marketing*

“MacMaster and Richardson III named CCAA Athletes of the Year across all sports”



The Canadian Colleges Athletic Association (CCAA) announced the 2003-2004 Male and Female Athletes of the year across all CCAA sports. The nominations for this award must be recipients of the Player of the Year award in a CCAA sport.

The female athlete of the year across all sports is Sarah MacMaster of Mount Royal College (ACAC). MacMaster had an outstanding season; she captured both the 2004 ACAC and CCAA Women’s Badminton Singles champion, she is a member of the 2004 ACAC All-Conference Team and MacMaster is the 2004 CCAA Badminton Female Athlete of the Year. She was undefeated through ACAC league play and remained undefeated at the CCAA National Championship. MacMaster is currently ranked as the #7 women’s singles player in Canada.



Sarah learned to play in the Hollyburn Club (West Vancouver), under coach Julia Chen. She moved to Calgary last year to join the National elite training program at the Glencoe Club and to pursue her studies at Mount Royal College. Sarah has future aspirations to represent Canada at the 2006 Olympics.

The male athlete of the year across all sports is Eddie Richardson III of SAIT’s basketball team (ACAC). Eddie’s season accomplishments include:



All Canadian  
 1st Team All Star at Nationals  
 Scoring leader in ACAC  
 4th in ACAC rebounding  
 4th in ACAC assists  
 ACAC Player of the Game on 8 occasions



Eddie led the SAIT Trojans to a 19-5 record, good for a second place finish in the ACAC South Division. He was also instrumental in SAIT winning the Bronze at the ACAC Provincial Championships.

In his time at SAIT, Eddie has grown, not only as a basketball player, but also as the team captain and inspirational leader. His abilities to pull together a freshman-dominated roster, and help many of them develop cannot be measured in mere terms of statistics. Despite leading the conference in scoring, Richardson played unselfishly all season long as demonstrated by his high ranking in ACAC assists and rebounds.



# ACAC ATHLETES OF THE YEAR

“Folsom and Richardson III named ACAC Athletes of the Year across all sports”



The ACAC Female athlete of the year across all sports is **Mickey (Holly) Folsom of Lethbridge Community College**. Folsom had an terrific season and was an integral part of the Kodiaks gold medal win at both the CCAA women's basketball national championships and ACAC

provincial championships. Folsom is described as an intense point guard with great sportsmanship. She is a great example of fair play on the court. Congratulations Mickey!



The ACAC Male athlete of the year across all sports is **Eddie Richardson III of SAIT**. Richardson demonstrated his leadership abilities as team captain of the SAIT men's basketball team. He was able to pull together a freshman dominated roster. Richardson was a leader in ACAC Conference scoring. He has proven to be a great ambassador for the sport and the SAIT basketball program.



## CCAA AWARDS WON BY THE ACAC

### Men's Basketball

*Athlete of the Month*  
Slav Kornik, NAIT

*All-Canadians*  
Loren Balon, NAIT  
Eddie Richardson III, SAIT

*Player of the Year*  
Eddie Richardson III, SAIT

*Coach of the Year*  
Marc Dobell, NAIT

### Women's Basketball

*Athlete of the Month*  
Alana Pyzyk, MacEwan

*All-Canadians*  
Alana Pyzyk, MacEwan  
Mickey Folsom, LCC

**Badminton**  
*Team Supremacy Award*  
ACAC

*Athletes of the Month*  
Sarah MacMaster, MRC  
Brody Hilland, MRC

*Coach of the Year*  
Naeem Haque, CUCA

### Men's Volleyball

*Athlete of the Month*  
Mike Bennett, SAIT

*All-Canadians*  
Hans Doef, TKUC  
Mark Dodds, RDC  
Adam Boyd, MRC

*Player of the Year*  
Hans Doef, TKUC

*Coach of the Year*  
Greg Barthel, TKUC

### **Women's Soccer**

*Fairplay Team Award*  
MRC

*Athlete of the Month*  
Claire Thomas, RDC

*All-Canadians*  
Serena Kerekes, SAIT  
Claire Thomas, RDC

### Women's Volleyball

*Athlete of the Month*  
Ashley Davis-Pajor, GPRC

*All-Canadians*  
Ashley Davis-Pajor, GPRC  
Tasha Holness, MRCT

*Coach of the Year*  
Sandra Lamb, MRC

### **Men's Soccer**

*Athlete of the Month*  
Dan Eggert, MacEwan

*All-Canadians*  
Juan Amorin, MacEwan  
Jimmy Nfor, NAIT





# AS ANOTHER COMPETITIVE SEASON COMES TO A CLOSE...

*Submitted by Dr. Robert Day, ACAC Executive Director*

What a terrific year again in 2003-4 in Alberta college athletics! Congratulations to our provincial champions and our numerous CCAA medalists and award winners! This was certainly a banner year in CCAA performances.

Again this past season I have had the pleasure of seeing many of our student athletes in action. I continue to be impressed by the level of play and the spirit of sportsmanship that transcends our competitions. I again wish to draw special attention to the fine leadership provided by our coaches and congratulate those who have been recognized as coaches of the year by their peers. Finally, I want to thank and congratulate our athletic directors whose work often occurs behind the scenes; work which is critical to the success of college programs. You can read a profile of one of our number inside . . . .

The Conference continues to excel at the CCAA level. In 2003-04 the ACAC welcomed the CCAA Men's Volleyball Championships at Grant MacEwan College. In 2004-5 the CCAA women's and men's basketball championships will return to Alberta hosted by SAIT and NAIT respectively and MacEwan will host the CCAA Cross Country Running Open Championships. The Conference will host the 2004 CCAA AGM in Banff this June.

The Conference will hold its AGM in Banff May 3-7. The most signal item on the agenda will see the Council vote on several motions which arose from the December strategic planning meetings. Of particular note will be motions suggesting a reformatting of the Conference's competitive schedules in soccer, basketball and volleyball which will see teams divided into competitive divisions. If approved, this will represent a departure from the geographic-based divisional play which has characterized the Conference since the early '90's.

Also, since the spring of 2003, the Conference has exercised a moratorium on the addition of new sports by current members and membership applications from new members. The status of this moratorium depends in part upon the results of the strategic planning discussions. Prairie Bible College, who wishes to join the ranks of volleyball colleges in the Conference and Calgary's St. Mary's College, who has contacted the ACAC regarding membership, will watch the results of these meetings with genuine interest.

Several other business items of note will be brought to the table including discussions of the Canadian Centre for Ethics in Sport (CCES) program of world-wide drug testing in which the ACAC and CCAA are supportive participants. The Council will also consider the ramifications of a proposal for a revised institutional funding formula for the Jimmie Condon Scholarships where the bottom line would see the individual colleges allotted fewer total dollars for distribution to our student athletes.

Finally, the Conference has continued development of "ConfLink", the interactive web site information system. Within the current parameters of the plan, colleges will enjoy a degree of standardization and readily accessible Conference information not available to date. Recently, a public Conference archive was launched and development of this terrific feature will continue during the summer months. For the first time, interested parties may view effortlessly much of the rich history of the Conference. Cosmetic and content improvements should be seen weekly while the Conference enjoys the benefits of STEP program assistance. Overall, the Conference web site enjoys a new "face".

During the winter semester, the ACAC Office enjoyed the presence of Jennifer Telfer, a fourth year U of A kinesiology student. Jennifer, a graduating member of the CIS silver medalist Pandas volleyball squad, joined the staff as a practicum placement student. During her stay, Jennifer was introduced to many of the functions of the small office environment and focused much of her attention on the compilation of Conference information into a database for the web site archive. The Conference successfully applied for STEP program funding and Jennifer has accepted an eleven week summer placement with the Conference. We look forward to her continued contributions to development of this most valuable information tool.

All in all, the Alberta Colleges Athletic Conference continues to provide leadership in the development of sport in Alberta. We are proud that so many of tomorrow's sporting leaders are currently among our ranks. We applaud them, and celebrate their accomplishments with them. Well done, and thank you!



## GREGG MEROPOULIS: NAIT A.D. ENJOYING THE RIDE

*Submitted by ACAC Staff*



If it can be said that life is a journey, then NAIT Athletic Director, Gregg Meropoulos is enjoying the ride. After more than twenty-five years of coaching and administration at NAIT, Gregg remains enthusiastic about the career he has chosen. “ I am living my dream job every day. People ask me what I plan to do once I retire from NAIT, I ask them what could be better than this; assisting young athletes who are trying to reach their potential.”

Gregg grew up in the rural Alberta hamlet of Niton Junction, attended Niton Central High where his graduating class of 20 was a record for the school. Gregg would tell you that his rural, small school background helped develop his character and a work ethic that has guided him throughout his career. “ I learned early in life that there were no free lunches being handed out...if you wanted something you had to work hard to get it... maybe even harder than others from more affluent backgrounds.”

Gregg grew up playing sports and it was no surprise that he decided to pursue a degree in Physical Education at the University of Alberta where he attained a BPE in 1974 and an MA in Outdoor Education in 1978. At the U of A, Gregg played on the Golden Bears Rugby Club and has continued his involvement in the sport to this day.

After completing his masters Gregg was offered the job of coach of the women’s basketball team at NAIT. He accepted the position hoping that it would bring him in contact with other Alberta junior colleges where he might look for permanent work as an outdoor education instructor. It turned out the job was right under his nose and in 1979 Gregg joined the NAIT staff as a full-time instructor in the Physical and Leisure Education Department, a job which included teaching outdoor education and coaching basketball.

Gregg coached the Lady Ooks team until 1999 when he traded in his clip-board and assumed the role of athletic director following the retirement of Irwin Strifler. Prior to becoming the AD, Gregg had served as the Assistant AD and began attending ACAC Council meetings where he chaired ACAC Eligibility and Ethics committees. Gregg served the ACAC as a member of the Executive Committee as Secretary from 2000-2003, and is just completing a two-year term as ACAC President.

When asked about what he cherishes the most about his career in athletics, Gregg speaks to the many friendships made and relationships developed through his involvement in sport. “ I have had the unique opportunity to first play, then coach and administer with some outstanding people that have made the experience a very rewarding one.”

Some of the highlights of Gregg’s twenty-four years at NAIT, include:

- Founding the NAIT Athletics booster club, the Ooks Athletic Association
- Development of the Barb Hanson Athletic Endowment fund for athletic scholarships
- Co-founding and administering the twenty-four year old NAIT All-City High School Basketball games
- Initiating the NAIT Athletics Wall of Fame
- Adapting the NAIT athletic awards banquet to a successful multi-media theatre event
- Successfully hosting two CCAA National Championships

Gregg and his wife, Patti met at NAIT, and are celebrating their twentieth anniversary this year. They have two children, Alexandra and Matthew, both heavily involved in competitive athletics. Stay tuned....the journey just keeps getting better.





# COLLEGE SPIRIT MAKES NATIONALS SOAR

Submitted by Bill Dean, Grant MacEwan College Athletic Director



RDC Kings players celebrating a CCAA National Gold medal

A gold medal for the Red Deer Kings, a praiseworthy performance by the MacEwan Griffins – these are reasons to be proud of the Mazda CCAA Men's Volleyball Nationals. For us though, a highlight of the championships was the tremendous effort from our volunteers.

Seventy Grant MacEwan College staff and students dedicated themselves to making this tournament a memorable experience for the athletes. In fact, our volunteer coordinator, Linda Stride, says that these volunteers were the best group that she has every worked with.

One of those volunteers was MacEwan student Brad Hamilton, who handled announcing and stats for the championship. He says that he wouldn't have missed nationals for the world.



MacEwan Griffins celebrating a great play

"I am a huge volleyball fan," he said, "and I knew it would be an excellent experience. The athletes were great too. They respected the volunteers and were grateful for our efforts."

Griffin Volleyball alumni John Waroway took time from work to volunteer for all three days at the championship. "I did it because it was for the Griffins and it was a great chance to see the highest level of college volleyball in Canada," he says. "It was an incredible event because the crowd from the school and the fan support was amazing."

What we saw in the stands was the same college spirit that our volunteers brought to the event. Since the championships, many people have had great things to say about these nationals. Without volunteers such as Brad and John, we would never have been able to put on such a top-notch event. Thanks for the hard work.

## RESULTS FROM 2004 MAZDA CCAA MEN'S VOLLEYBALL NATIONAL CHAMPIONSHIPS

Submitted by Mat Gentes, CCAA Marketing Coordinator

The Red Deer College Kings collected their fifth straight national championship in an intense match against the Capilano College Blues Saturday evening at the 2004 Mazda CCAA Men's Volleyball National Championships. The Blues handed the Kings their first lost set in the tournament 25-23, but the Kings conquered in the other three 25-23, 25-14, and 25-23.

Capilano's defence made amazing recoveries throughout the game keeping pace with the Kings powerful offence, but in the end, the Kings triumphed. The Blues couldn't contain tournament MVP, Dallas Soonias, who put down 21 of Red Deer's 53 kills. Soonias also chipped in on defence with four digs and 2 stuffed blocks. Leading Capilano's offence was Sean Aiken with 17 kills, and he contributed four digs to the team's defensive effort. With the victory, the Kings are edging toward Limoilou College's record of six straight national championships set in 1989.

### Final Standings

Gold – Red Deer College Valley (ACAC)  
Silver – Capilano College (BCCAA)  
Bronze – Columbia Bible College (BCCAA)

### ACAC 1st Team All-Stars

Mac Kucharski – RDC  
Adam Roth – RDC  
Mar Dodds – RDC

### ACAC 2nd Team All-Stars

Mark Thibeault – MacEwan

### Tournament MVP

Dallas Soonias – RDC



For complete results and statistics, including game-by-game box scores and stories, please visit the official website of the 2004 Mazda CCAA Men's Volleyball National Championships - <http://www.macewan.ca/web/services/vbnationals/home/index.cfm>



## CHANGES AT BRIERCREST

*Submitted by Dr. Ellery Pullman, BBC Athletic Director*

This spring will bring many changes to the Briercrest Athletic Department. Institutionally, we have been known as Briercrest Bible College for the past 22 years. As of April 30/04 we will be changing our name to Briercrest College. Even though the name has changed, our mission statement will stay the same, which is to provide post-secondary education which equips students to minister in the church and society by preparing them to think, value, and serve in accord with biblical principles.



The Briercrest Athletic Department is saying good-bye to two of our coaches, John Bechtold, men's hockey and Jeff Bergen, men's volleyball.

When John first stepped on the Briercrest campus 18 years ago, no one knew the impact he would have on Clipper hockey. Known to his former teammates at the University of Saskatchewan as, "the bear," he was a young teacher at the time with a passion for hockey. John saw and took the opportunity to begin his coaching career with a rag-tag bunch of bruised no one else wanted. He coached the Clippers in the Prairie Athletic Conference and when that disbanded, was instrumental in starting the South Saskatchewan Junior B League with the Clipper team. Although times were tough, Coach Bechtold improved his team over the years in the SSJHL and was named Coach of the Year for the 1995-96 season. Successes aside, John aspired for more opportunities for his players and a higher caliber of hockey for the Clippers. After being turned down once, he persevered and in 1997 the Clippers joined the ACAC. He has not only been a coach to his players, but a mentor, friend, father, and spiritual leader. Countless lives have been changed through John's ministry at Briercrest and he leaves a legacy that will live on for years to come.

Barret Kropf will take over the Clipper Hockey program. Barret, his wife, Bridget, and their three sons originally hail from Estevan, SK. Barret has worked for Hockey Ministries International, but is currently the head of minor hockey operations for the village of Caronport. Barret also works for Athletes in Action, coordinating the travel of ministry sport teams to other countries. Barret brings great experience and knowledge of the game and we are looking forward to seeing the impact Barret will have on the Clipper hockey program this year.

Jeff has served as the men's volleyball coach for the past four seasons. In those years Jeff has developed a perennial playoff team in the North/South division. Also in these four years, Jeff has coached several players who have gone on to university and professional levels. Jeff and his family are moving back to their hometown of Winnipeg, MB to pursue other opportunities.

We will definitely miss these two faces around the athletic department and wish God's blessing to them and their families in their future endeavors. We are excited to meet and to get to know the new faces that will be joining the Briercrest athletic team.

## PRAIRIE BIBLE COLLEGE: SPORT, A UNIVERSAL LANGUAGE

*Submitted by Craig Wilsman, PBC Athletic Director*

Not everyone can be an athlete but most people enjoy watching sports or being involved in a pick-up game of baseball, basketball, volleyball or soccer. Most everyone has the skill to run, kick, hit, swing, and catch. Prairie Bible College's newest program, Certificate in Sports Management and Leadership, takes those skills and teaches students how they can use them.



This program focuses on helping people connect relationally through athletic events. This is evidenced in the students who are enrolled in SPORT, "There are students on the sport program who are not on a formal athletic team. They may be involved in intramurals, or a club team but not on an intercollegiate athletic team" says Craig Wilsman, Athletics Director. "Students in the sport program may be interested in coaching, or teaching a sport but may not have played at the high school competitive level."

Last year the Pilots women and men's basketball teams were involved in a short term mission trip to Romania where they applied finely honed skills to minister to the youth. "We played some exhibition games against some high school players, conducted instructional sports clinics, engaged in outreach opportunities, and visited an orphanage," says Wilsman, the Pilots Men's Basketball Head Coach. In the next few years Coach Wilsman envisions taking a group to Croatia and Slovenia to be involved in exhibition/demonstration games and leading sports camps.

For more information on this program you can contact Prairie's enrollment office at 1-800-661-2425.



## NAIT ATHLETES SCORE IN THE CLASSROOM

*Written by Davis Shermata, Submitted by Gregg Meropoulos, NAIT Athletic Director*

Lorraine Stelck and Ray Smegal are two of a record number of honours athletes produced at NAIT. It's not easy being a 5'8" power forward (women's basketball) in the ultra-competitive Alberta Colleges Athletic Conference (ACAC), but NAIT's Lorraine Stelck stands tall in the face of tougher challenges than blocking shots and driving lances. A third-year student in NAIT'S Bachelor of Applied Accounting program, the 22 year old balances four practices and two games a week with full-time classes and study.

"I try really hard to stay on top of things. I make a lot of lists and I live a really regulated life: school, studying, practices, games and not much else!" Lorraine says. "It can be a little wearing but the more I do it, the better I get at it. Last year, it got a little tough but by the end of the year I had learned how to pace myself. I think I've got it figured out."

Lorraine is one of 69 NAIT athletes who were honoured with ACAC Academic Awards for the 2003 season. This is almost double the number of NAIT recipients from 2002 and more than twice as many as their nearest Conference rival. In the process, NAIT has won a national championship in men's basketball in 2003, a provincial title in golf and three ACAC Coach of the Year honours.

Academic Athletic Awards are presented to student athletes who have competed on behalf of their respective ACAC institutions while maintaining a minimum 192 hours of full-time instruction per semester. Students must also carry a weighted average of 80 per cent in their program of studies. Many students, such as Ray Smegal, a first-year Business Administration student and Ooks hockey forward, find that balancing athletics is worth the time and the effort.

"Playing at a high level of athletics has helped me learn to deal with various personalities, just like in the workplace ... and it's taught me to manage my time a lot better," Says Ray.

Athletes are enrolled in many different disciplines at NAIT, including schools that require exemplary marks to qualify for entrance such as Health Sciences, Legal and Real Time Reporting and Architectural Technology. The academic demand is ongoing as students must maintain their average for successful completion of the program and to achieve the honours standing.

"We are very proud of our athletes, coaches and faculty because it's a real team effort on everyone's part," says Athletics Coordinator Gregg Meropoulos. "Athletics is like a laboratory for real life, where students learn team building, discipline and how to handle stress. There honour students are under pressure to perform athletically and academically and use the tools acquired in the sports arena to be successful in other areas of their lives and careers."





## SAIT MEN'S VOLLEYBALL COACH RESIGNS

*Submitted by Lori Neilson, SAIT Promotions & Marketing*

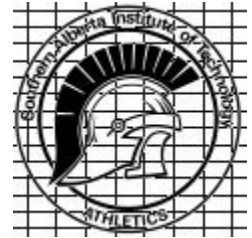
Lorry Ingram, head coach of the SAIT Trojan Men's Volleyball Team has announced his resignation after seven years with the program. "I have had a great experience coaching at SAIT and I appreciated the opportunity to coach at a college level," says Lorry.

Ingram has decided to give up the coaching reins to dedicate more time to his family.

When Lorry was hired as head coach in 1997, the team had been at the bottom of the Alberta Colleges Athletic Conference (ACAC). After seven years, Lorry has done an outstanding job developing a successful program, and over the past three years his teams have collected two Canadian Colleges Athletic Association (CCAA) National Silver Medals.

Before joining the men's team as head coach, Ingram was no stranger to SAIT or to the sport of volleyball. Lorry played four years in the ACAC and was chosen as an ACAC All-Conference selection each year. Lorry was also named an All-Canadian and was on the All-Star team at Nationals. After leaving the ACAC, Lorry won five National titles with Canuck Sport.

"Lorry made a great contribution to our program and helped bring provincial and national recognition to our team. Lorry will be missed and we wish him and his family all the best in his future endeavors", commented Athletic Director Ken Babey.



## SAIT MEN'S SOCCER COACH RESIGNS

*Submitted by Lori Neilson, SAIT Promotions & Marketing*

Peter Malakoane, head coach of the SAIT Trojan Men's Soccer Team has announced his resignation after thirteen years with the program. "This decision was very tough to make; however, my responsibilities in the soccer community and the national team program have increased substantially and I feel that I will not be able to continue to dedicate the time required to ensure the SAIT Trojan program is successful. I also look forward to spending more time with my family."

Over the past thirteen years, Peter has helped the SAIT Trojans win three ACAC silver medals and one bronze. Before coaching at SAIT Peter was no stranger to SAIT or to the sport of soccer. He played for the SAIT Trojans from 1987-89 and has over thirty years playing experience and over twenty years coaching experience. Peter's achievements include developing the base for the SAIT Trojans women's soccer program in 1998 and the completion of his "A" License with the Canadian Soccer Association.

"I am fully committed to the Trojans and will continue to provide assistance to the program where possible," says Peter. "From my playing days to my coaching times as a Trojan, I could not be happier to be part of such an outstanding program."

"Peter has been a great contributor to our program," remarked Athletic Director Ken Babey, "He will be missed. We wish him and his family all the best in his future endeavors."



(Editor: Peter will be recognized by the Conference as a recipient of a Al Bohonus award for his long service as an ACAC coach.)



## CCAA BADMINTON NATIONALS 2004 MALASPINA UNIVERSITY COLLEGE, NANAIMO, BC

*Submitted by Billy Gilliland, MRC Badminton Head Coach*

The ACAC badminton team traveled to the 2004 nationals focused on attempting to win their 5<sup>th</sup> consecutive team championships with several nationally ranked players in the line up. This team was a strong favorite to bring home the gold.

As in previous years, the OCAA team had some quality athletes but the BCCAA were noticeably missing their top flight players. The first match versus Ontario was keenly contested however it soon became a one-sided affair except for the mixed doubles where the OCAA fielded the defending CCAA champions. The match ended in a 4-1 victory for the pairing ACAC and this was followed by a clean sweep of the other teams on the way to the gold. The upset of the year came from the Atlantic Provinces with their first ever medal in CCAA team competition. Their victory over BC in the bronze medal match was one of the most popular wins in the history of the competition and the roar from the crowd could be heard from BC to Newfoundland. Congratulations to the team from the University of Moncton.



*Sarah McMaster serving*



*Kyle Foley at CCAA Nationals*

2004 was another sterling year for ACAC athletes in the individual events. Lindy van Riper/ Tiffany Chan (Concordia) successfully defended their crown in women's doubles as did Jeremy and Brody Hilland (Mount Royal) in the men's doubles. Sarah McMaster (Mount Royal) was by far the most outstanding female athlete in the competition and she put on an exhibition of international class badminton to successfully defend her CCAA crown. Kyle Foley (MRC) made amends for his disappointing bronze medal performance in 2003 with a top class display of men's singles and his second gold in three years. With Tye Reidie/ Angela Hudec (MRC) in the gold medal match, a clean sweep of the medals was in the cards for the ACAC if they could overturn their loss to the OCAA from the team competition. Despite a very competitive, hard fought match, the Ontario team spoiled the party for Alberta and deservedly took the gold medal home to Cambrian College.



*Malaspina College: site of 2004 CCAA Badminton Nationals*

Overall this was an excellent championships and Malaspina College are to be congratulated for putting on a great show!

**ACAC 2003-04 FINAL RESULTS MEDALISTS****BADMINTON***Team*

GOLD - MRC  
SILVER - CUCA  
BRONZE - MacEwan

**GOLF***Men's Team*

GOLD - NAIT  
SILVER - MRC  
BRONZE - U of C

*Women's Team*

GOLD - MRC  
SILVER - U of C  
BRONZE - PC

*Men's Individual*

GOLD - NAIT  
SILVER - MRC  
BRONZE - U of C

*Women's Individual*

GOLD - MRC  
SILVER - MRC  
BRONZE - MRC

**BASKETBALL***Men*

GOLD - NAIT  
SILVER - RDC  
BRONZE - SAIT

*Women*

GOLD - LCC  
SILVER - MRC  
BRONZE - MacEwan

**HOCKEY***Men*

GOLD - MacEwan  
SILVER - NAIT  
BRONZE - CUCA

*Women*

GOLD - MRC  
SILVER - U of C  
BRONZE - MacEwan

**CROSS COUNTRY****RUNNING***Men's Team*

GOLD - AUC  
SILVER - LCC  
BRONZE - GPRC

*Women's Team*

GOLD - SAIT  
SILVER - LCC  
BRONZE - MRC

**SOCCER***Men*

GOLD - MRC  
SILVER - MacEwan  
BRONZE - NAIT/ MHC

*Women*

GOLD - MRC  
SILVER - MacEwan  
BRONZE - RDC/ CUCA

**CURLING***Men*

GOLD - NAIT  
SILVER - MacEwan  
BRONZE - GPRC

*Women*

GOLD - NAIT  
SILVER - MacEwan  
BRONZE - SAIT

*Mixed*

GOLD - NAIT  
SILVER - MacEwan  
BRONZE - LC

**VOLLEYBALL***Men*

GOLD - RDC  
SILVER - MacEwan  
BRONZE - MRC

*Women*

GOLD - MRC  
SILVER - RDC  
BRONZE - GPRC

**SWIMMING***Men*

GOLD - MRC  
SILVER - MacEwan  
BRONZE - NAIT

*Women*

GOLD - MRC  
SILVER - MacEwan  
BRONZE - GPRC

*Combined*

GOLD - MRC  
SILVER - MacEwan  
BRONZE - GPRC

**WAYNE LALOR**

*Submitted by Allan Ferchuk, RDC Athletics Director and Written by Danny Rode, Red Deer Advocate*

The godfather of Red Deer College athletics, and a longtime supporter of Central Alberta athletics, died in Calgary following a seven-year battle with cancer. Wayne Lalor, 69, was born in Innisfail, Oct. 11, 1934, and always had a love for basketball and baseball. He played basketball with the University of Alberta before joining RDC when it was still located in the 600 wing at Lindsay Thurber High School. He started the RDC athletic program and helped build it into one of the premier, and most recognized, programs in the country. His first love was basketball, but he coached a number of teams at the college. "He was the one, who initiated the whole program, no doubt," said longtime RDC Queens volleyball coach Cor Ouwerkerk, who was hired by Lalor in the early 1970s when Wayne was acting athletic director and chairman of the physical education department.

"Wayne brought a high level of integrity and honesty to the program. You look at the program today and you still see that. "He is well respected at the college and in the Alberta Colleges Athletic Conference," added Ouwerkerk. "But I still believe he deserves even more credit." Wayne started the Kings basketball team in 1965, coaching through the 1984 season. He retired, but was back on the bench in 1990 when the program was at an all time low. He coached for two seasons setting the groundwork for where the program is today.

Lalor was also one of the original members of the ACAC board of directors, although he never was one to take credit for helping build the best athletic conference in Canada. Wayne was always more interested in helping Central Alberta athletes reach their potential on the court and in the classroom. "There was a time, not that long ago, when we counted 32 of his former players who were coaching in Alberta," explained son Dwayne Lalor, who is head coach of the Lindsay Thurber Raiders senior basketball squad. "He was extremely proud of that."

Although present Kings basketball head coach Craig Behan didn't have Lalor as a coach at the college level, he has strong feelings for him. "He helped coach me in my three years of high school and when I took my level II coach's certificate," explained Behan. "I have a great deal of respect for him. He touched the lives of a lot of Central Alberta athletes." Behan always admired Lalor passion for the game. "No matter if it was in your foot work, or just the Xs and Os of the game, you could feel his passion. I hope I can have half of that enthusiasm." Lalor did get a chance to see the Kings make their run in the ACAC playoffs this season and was on hand to help present the silver medals to Behan and the Kings.

Wayne is survived by wife Jean, son Dwayne and daughters Gayle, Barb and Bev, and eight grand children. The family has created the Wayne Lalor Memorial Scholarship Fund, to help Central Alberta athletes participating in college sports. Donations can be made at the Royal Bank Main Branch.



# GRIFFINS CAPTURE 1st ACAC TITLE

*Submitted by Brian Stein*

Under the guidance of 2003-04 ACAC Coach of the Year Terry Ewasiuk, the Grant MacEwan College Griffins (20-4-2-2) picked up 23 of 26 possible points in the second half as they vaulted from third place to their inaugural first place finish in the regular season. The NAIT Oaks (20-6-2-0), the SAIT Trojans (17-8-3-0), the Concordia University College of Alberta Thunder (13-9-4-2), the Augustana University College Vikings (11-10-6-1) and the Mount Royal College Cougars (10-14-2-2) rounded out the contingent of post season participants. The Red Deer College Kings (7-20-1) and the Briercrest Bible College Clippers (3-22-2-1) did not qualify for the playoffs.



SAIT, whose coach Ken Babey became the all time league leader in regular season wins earlier this year, faced Mount Royal in the quarter finals. Tylor Keller netted a pair of powerplay goals to lift the Cougars to a 6-4 victory over the Trojans in their first playoff match-up between the Calgary rivals in five years. Mark Odut netted a pair of goals and added an assist as SAIT stayed alive with a 5-2 win over Mount Royal. In the deciding game, the Cougars received first period goals from Joe DiMichele and Dan Willmott en route to a 2-1 triumph.

In the other quarter final Concordia met in the post their history. Ironically, both Snyder and CUCA's Jim regular season win plateau Former Viking Lonnie and added one assist against Thunder skated to a 5-1 win netted the Game 2 winner extra period as Concordia complete the sweep. 2003-champion, Tim Green scored goals.



*MacEwan celebrating their ACAC Provincial Title*

series, Augustana and season for the first time in coaches, AUC's Gary MacLean, reached the 100 during 2003-04 campaign. Granley netted two goals his former team as the in the lid lifter. Granley then with 2:53 left in the first shaded Augustana 3-2 to 04 ACAC MVP and scoring two of the Vikings' three

Two teams which had never met in the post season, MacEwan and Mount Royal, hooked up in the semi finals. The Griffins received goals from seven players as they outscored the Cougars 7-4 in the opening game. Scott Stewart then tallied twice in the second game as MacEwan edged Mount Royal 4-3. Clinton Chalmers, who led the league with a 2.19 goals against average in the regular season, posted the shutout as the Griffins blanked the Cougars 5-0. Darrell Goretzki also pocketed a pair for MacEwan in the series clincher.

The other semi featured NAIT and Concordia who had not met in the post season since the 2000-01 quarter finals. Tim Barlow turned away 44 shots to record the shutout as the Oaks silenced the Thunder 2-0 in game two of the series. NAIT received goals from five players as they defeated Concordia 5-2. Game three witnessed Cole Fischer and Ray Smegal score second period goals for the Oaks as they rallied with a 4-3 come from behind victory to complete the sweep.

MacEwan and NAIT met in the best of five championship final series after meeting in the semis the previous two seasons. In the series opener, nine power play goals were scored and the Griffins' Scott Stewart completed the hat trick and Joel Becker chipped in a pair as the Griffins recorded an 8-1 triumph. In the second game played at NAIT the following night, Matt Jacques then bent the twine twice for MacEwan as they defeated NAIT 5-3. In the series ender, Darrell Goretzki, Justin Yeoman, Matt Jacques, and Shaun Fisher tallied for the Griffins as they downed the Oaks 4-1 to win their first ever ACAC men's hockey title.



## ACAC BASKETBALL AMONG THE BEST IN CANADA

*Submitted by Stephen Price, Men's Basketball Convenor*

What a fantastic year for ACAC basketball. Parity in the league made sure that the basketball was very exciting. Close playoff races dominated the end of league play, anomalous results in the playoffs and awards galore for members of the Conference, including CCAA Player of the Year.

In the North Division, NAIT once again was the regular season champion. After a 12-0 start in the first half the Oaks only stumbled slightly as they finished the year with a league-best 22-2 record. The race for second was exciting for a while as Grant MacEwan and Lakeland each made a bit of a run. In the end, Concordia finished second, while Grant MacEwan locked up third. Lakeland College, in their first year in the league, took the fourth and final playoff spot. Grande Prairie and The King's University College both had tough second halves to round out the North Division.

Meanwhile in the South, after a close first half race involving Red Deer, Mount Royal and SAIT, the Red Deer Kings slowly separated themselves to finish on top. With the second best record in the Conference, the Kings led the South Division with 21 wins and 3 losses, including one loss in the second half of the season. SAIT, with two huge wins the last weekend of the season over Mount Royal, locked up second spot, leaving the Cougars in third. Lethbridge, despite early season struggles (3 wins in the first 12 games) rallied in the second half to charge into the fourth playoff spot, narrowly moving past Briercrest and Medicine Hat. Prairie Bible also struggled in the first half and played some much improved basketball in the second half, narrowly missing an opportunity to challenge parity for the fourth playoff spot.

In the first round of playoffs three close series all finished up two games to none. Top-ranked NAIT in the North and Red Deer in the South both moved to the Final Four. NAIT defeated Lethbridge while Red Deer defeated Lakeland. Meanwhile, second ranked south team SAIT also needed only two games to get past Grant MacEwan. The final opening round series saw Concordia matched up with Mount Royal. In the first game in Edmonton the Cougars, who did not have league assist leader Josh Feist, put up quite a fight but fell short, losing to the Thunder 87-93. With Feist back for game two, held in Calgary, the Cougars ran their way into a post-season best 59 point margin of victory (128-74). Choosing to respond on their own terms, the Thunder did not let that bother them. Game three, back in Edmonton, was close the entire way, with Concordia's balanced inside-out attack making the difference. Concordia went on to win the game (104-97) and the series.

At the Final Four, held at RDC, both semi-final games were extremely close. With the top two seeds from each division moving on, it was definitely some excellent basketball. In the end, the top seeds for each division proved to continue their success as NAIT edged SAIT (76-72) and Red Deer slipped past Concordia (78-72). SAIT would go on to claim the Bronze medal with an 80-67 victory over Concordia.

Vying for the gold medal, the top two teams did not disappoint. In a close battle, in front of a charged-up Red Deer hometown crowd, the Oaks were able to pull away at the end for a 78-72 victory. Winning their third straight ACAC Championship, NAIT headed off to Nationals in Kamloops.

The 2003-04 season witnessed some significant award winners from ACAC basketball; Eddie Richardson III of SAIT, and Loren Balon of NAIT were both named All-Canadians. In addition, Richardson III, a fourth-year player swing man, was also named the CCAA Male Basketball Player of the Year and the CCAA Male Athlete of the Year. Leading the ACAC in scoring, finished 4<sup>th</sup> in both rebounding and assists, and received eight player of the game honours throughout the season. All contributed to helping Richardson III lead a very young SAIT team to an amazing season.

Finally, Marc Dobell, coach of the NAIT Oaks, was recognized for his programs excellent accomplishments this year, and over the past several years, by being named the CCAA Men's Basketball Coach of the Year. Dobell, who team have won three straight ACAC Championships, led his 2003 squad to the CCAA National Championship. Overall it was a very exciting year in ACAC men's basketball.



## RATTLERS SNARE ATHLETICS MANAGER

*Submitted by Mary Matthiessen, MHC Administrative Assistant*

The Medicine Hat College Rattlers have a new competitive edge in the form of Kelly Almer who began work as Athletics Manager on Monday April 5, 2004.



Almer comes from the University of Calgary Dinos where he served as the Manager of Marketing and Events for over four years. He says that job provided excellent preparations as he begins work to build Medicine Hat College's Athletics program.

"This is an ideal situation for me," says Almer. "I think Medicine Hat College is a gem just ready to go to the next level. I have an opportunity to build on my experiences at the U of C and to do things the way I want them to be done."

Almer says his goal is to "pack the seats." With college athletics taking a top spot in the local sports scene, he hopes to find excellent opportunities to build sponsorship and support. The situation was much different in Calgary where university sports compete with professional leagues for the attention of fans and sponsors. Nevertheless, Almer was pleased with the outcome of his efforts.

Although his work experience is university-based, the college scene is very much part of Almer's background. Originally from Prince Albert, Saskatchewan, he completed a diploma in Sports Administration with Mount Royal College in Calgary. He transferred credit from that program to the University of Victoria where he completed a degree in Leisure Services Administration. Co-op work terms at U Vic led to full-time work at the University of Calgary.

He also has experience with the Alberta College Athletic Conference (ACAC) having built relationships while working with the U of C's golf and women's hockey teams.

His competitive sports background includes soccer, basketball and volleyball. He suspects he may be the only person to take a gold medal as a soccer player and coach at the Saskatchewan Summer Games.



His first impressions of Medicine Hat are positive. "People here are really friendly. They say hello when you pass them on the walking paths." An avid golfer, he is looking forward to playing a few rounds through the summer.

## RESULTS FROM CCAA MEN'S BASKETBALL NATIONAL CHAMPIONSHIPS

*Submitted by Mat Gentes, CCAA Coordinator of Marketing*

University College of the Fraser Valley have captured their third CCAA Men's Basketball title in the last five years (2002 and 2000 National Champs). UCFV started their run to the National Title by defeating Sheridan College by a score of 78-62 in their first game of the 2004 CCAA Men's Basketball Championships. In the semi-finals, UCFV defeated the defending champions (NAIT Ooks), by a score of 93-80. The Gold Medal game saw UCFV defeat St. Thomas University 88-81 to secure the National Title.

### Final Standings

Gold – University College of the Fraser Valley (BCCAA)

Silver – St. Thomas University (ACAA)

Bronze – University College of the Cariboo (BCCAA)

4th – Sheridan College (OCAA)

5 / 6th – Champlain St. Lambert (FQSE)

5 / 6th – NAIT (ACAC)

### ACAC 2nd Team All-Stars

*Slav Kornik – NAIT*



For complete results and statistics, including game-by-game box scores and stories, please visit the official website of the 2004 CCAA Men's Basketball National Championships - <http://www.cariboo.bc.ca/athletic/ccaambb/>



## RESULTS FROM 2004 MAZDA CCAA WOMEN'S VOLLEYBALL NATIONAL CHAMPIONSHIPS

*Submitted by Mat Gentes, CCAA Coordinator of Marketing*

The 2004 Mazda CCAA Women's National Championship wrapped up on Saturday night with Les Volontaires de Sherbrookes scoring a three set victory over the Malaspina Mariners to claim the National Title. This marked the nineteenth year in a row, dating back to 1986, that a team from Quebec won the women's volleyball national title. The Mount Royal Cougars took home the bronze medal with host Humber College finishing fourth.

### Final Standings

Gold – College de Sherbrooke Volontaires (FQSE)

Silver – Malaspina University College Mariners (BCCAA)

Bronze – Mount Royal College Cougars (ACAC)

### ACAC 1st Team All-Stars

*Becky Conly – Mount Royal College Cougars*

### ACAC 2nd Team All-Stars

*Tasha Holness – Mount Royal College Cougars*



This event could not have been the success that it was without the hard work of the host: Humber College and their organizing committee. The CCAA would also like to thank Mazda Canada, Baden, Sport Canada, Air Canada and Niva Sports for their support of the CCAA and this event.

For more information on the 2004 Mazda CCAA Women's National Championship, please visit the official tournament site <http://www.teamsites.ca/ccaaavnationals>

## RESULTS FROM CCAA WOMEN'S BASKETBALL NATIONAL CHAMPIONSHIPS

*Submitted by Mat Gentes, CCAA Coordinator of Marketing*

The Lethbridge Community College Kodiaks defeated the Mount Royal College Cougars 65-59 in the Gold Medal game at the 2004 CCAA Women's Basketball National Championships to capture their first Gold Medal in women's basketball since 1990. Tara Griffith's 18 points led all Kodiaks, with Micky Folsom and Katheryn Bekkering each adding 17. The Bronze Medal Game featured University College of the Fraser Valley defeating Cégep de Sainte-Foy 73-64. Kalisha Reid, Jamie Born and Laura Hanillan each scored 11 points to secure the Bronze Medal for Fraser Valley.

### Final Standings

Gold – Lethbridge Community College (ACAC)

Silver – Mount Royal College (ACAC)

Bronze – University College of the Fraser Valley (BCCAA)

### ACAC 1st Team All-Stars

*Kathryn Bekkering – Lethbridge Community College*

*Lauren Wallace – Mount Royal College*

*Jamie Bell – Mount Royal College*



### Tournament MVP

*Tara Griffiths – Lethbridge Community College*

For more information on the 2004 CCAA Women's Basketball National Championship, please visit the official tournament website - <http://dept.dawsoncollege.qc.ca/athletics/nationals/>



## WOMEN'S VOLLEYBALL FINAL REPORT

*Submitted by Trever Turner, Women's Volleyball Convenor*

The second half of play for Women's Volleyball saw some close matches but in the end Mount Royal College continued their dominance and went undefeated to win the ACAC crown and advance to Nationals at Humber College.

At Nationals the Cougars played the hometown Humber Hawks in the bronze medal match and had complete control throughout winning in three straight sets to capture the CCAA bronze medal. Congrats to the Cougars on a great season and also to Head Coach Sandra Lamb for her selection as CCAA Coach of the Year.

The league continues to grow and develop some of the top college players in Canada and I would like to extend my congratulations to all of the coaches for their hard work and commitment to ACAC women's volleyball this past year. Good luck in 2004-2005

## ACAC 2003-04 ALL-CONFERENCE TEAMS

### MEN'S VOLLEYBALL

#### *1st Team*

Hans Doef, TKUC  
Mark Dodds, RDC  
Adam Boyd, MRC  
Jeff Lindemulder, TKUC  
Curtis Griffith, SAIT  
Jamie Irvine, MacEwan  
John Ready, NAIT  
Brian Nelis, LCC

#### *2nd Team*

Maciej Kucharski, RDC  
Gavin Little, GPRC  
Adam Roth, RDC  
Warren Jerred, MRC  
Cam Crockett, MRC  
Jon Zuidhof, TKUC  
Brendon Amyotte, KC  
Ben Van Deurzen, LCC

### WOMEN'S VOLLEYBALL

#### *1st Team*

Tasha Holness, MRC  
Ashley Davis-Pajor, GPRC  
Renee Tratechoud, MRC  
Andrea Marciak, RDC  
Jessica Tamtom, SAIT  
Carolyn Macdonald, MacEwan  
Kara House, KC  
Leah Crookedneck, PC

#### *2nd Team*

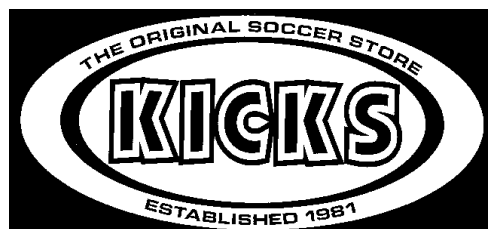
Becky Conly, MRC  
Brandie Burton, RDC  
Anne Fleming, RDC  
Angela Reize, TKUC  
Katherine Davis-Pajor, GPRC  
Kristen Dykstra, TKUC  
Stacey Toews, MHC  
Katie Toolsie, MHC

### WOMEN'S SOCCER

FORWARD	Claire Thomas, RDC
FORWARD	Gillian Doubleday, MRC
FORWARD	Kelly Grey, MacEwan
MIDFIELDER	Meghan Toal, RDC
MIDFIELDER	Christy Cox, MacEwan
MIDFIELDER	Elayne Saliba, MRC
MIDFIELDER	Sandra MacLean, SAIT
DEFENDER	Amy Gill, MRC
DEFENDER	Danielle Quimpere, CUCA
DEFENDER	Elise Menard, LCC
GOALTENDER	Amanda Mawanay, KC

### MEN'S SOCCER

FORWARD	Adam Guiney, MacEwan
FORWARD	Francis Kyegarikye, CUCA
FORWARD	Scott Reynolds, NAIT
MIDFIELDER	Jimmy Nfor, NAIT
MIDFIELDER	Henok Kassaye, TKUC
MIDFIELDER	Juan Amorin, MacEwan
MIDFIELDER	Fleming Krogh, MRC
DEFENDER	Allen Jovica, MRC
DEFENDER	Michael Matemisiz, MacEwan
DEFENDER	Scott McLeod, NAIT
GOALTENDER	John Hawreliak, CUCA



**ACAC 2003-04 ALL-CONFERENCE TEAMS****BADMINTON**

Sarah MacMaster, MRC  
Lindy Vanriper, CUCA  
Tiffany Chan, CUCA  
Jessica Yu, MacEwan  
Torri Laroque, NAIT  
Amanda Bolton, GPRC

***Men's Rink***

SKIP  
THIRD  
SECOND  
LEAD

***Women's Rink***

SKIP  
THIRD  
SECOND  
LEAD

***Mixed Rink***

SKIP  
THIRD  
SECOND  
LEAD

Brody Hilland, MRC  
Kyle Foley, MRC  
Jeremy Hilland, MRC  
Tye Reidie, MRC  
Drew Czernick, CUCA  
Alan Chow, NAIT

**CURLING**

Adam Enright, NAIT  
Derek Miller, NAIT  
Regan Braseth, NAIT  
Luke Coley, MacEwan

Sarah Hassall, MacEwan  
Stacey Bergun, NAIT  
Jessica Long, NAIT  
Leanne Ridley, MacEwan

Dustin Eckstrand, NAIT  
Allison Robinson, NAIT  
Kris Erhardt, NAIT  
Jessica Frank, NAIT

**WOMEN'S BASKETBALL*****1st Team North***

Alan Pyzyk, MacEwan  
Jill Hanson, MacEwan  
Nichole Fessler, NAIT  
Miriam Mol, AUC  
Lisa Francis, CUCA

***2nd Team North***

Paige Gaudreau, AUC  
Amber Smart, CUCA  
Jenna Badry, NAIT  
Christie Darius, TKUC  
Megan Ragush, LC

***1st Team South***

Tara Griffith, LCC  
Pamela Gottselig, MHC  
Holly Folsom, LCC  
Michelle Willson, RDC  
Janet Ariss, RDC

***2nd Team South***

Susan Stefan, MRC  
Mara Pratt, SAIT  
Gina Guimont, MRC  
Jamie Bell, MRC  
Joanna Card, MRC

**WOMEN'S HOCKEY*****1st Team***

GOALKEEPER Tonya Young, U of C  
DEFENSE Dana Pretty, MRC  
DEFENSE Danielle Sorensen, MacEwan  
FORWARD Deanna Iwanicka, MacEwan  
FORWARD Natasha Bauer, RDC  
CENTRE Miranda Miller, NAIT

***2nd Team***

GOALKEEPER Danielle Bles, MacEwan  
DEFENSE Michelle Goin, MacEwan  
DEFENSE Jaimie Morris, U of C  
FORWARD Kerry McDonald, NAIT  
FORWARD Laura Lebrun, MRC  
CENTRE Tara Hammer, U of C

**MEN'S HOCKEY*****1st Team***

GOALKEEPER Chad Rycroft, AUC  
DEFENSE Oliver McGee, CUCA  
DEFENSE Cole Fischer, NAIT  
FORWARD Tim Green, AUC  
FORWARD Brent Gay, SAIT  
CENTRE Gordon Bell, MacEwan

***2nd Team***

GOALKEEPER BJ Boxma, MacEwan  
DEFENSE Mark Woywitka, MacEwan  
DEFENSE Bobby Leavins, BBC  
FORWARD Scott Stewart, MacEwan  
FORWARD Lonnie Granley, CUCA  
CENTRE Mark Odut, SAIT

**MEN'S BASKETBALL*****1st Team North***

Loren Balon, NAIT  
Joel Allen, LC  
Graeme Bollinger, AUC  
Jeff Lander, LC  
Dave Vandervelde, CUCA

***2nd Team North***

Jay Damery, NAIT  
Slav Kornik, NAIT  
Keith Miller, CUCA  
Nathan Coughlin, MacEwan  
David Brimacombe, MacEwan

***1st Team South***

Eddie Richardson, SAIT  
Josh Feist, MRC  
Tico Iron Shirt, MHC  
Kelly Lundgren, MRC  
Ainaras Kazlauskas, RDC

***2nd Team South***

Ryan Anderson, LCC  
Taylor Armstrong, BBC  
Anthony Dornbusch, PBC  
Liav Peled, LCC  
Darryl Reinhardt, SAIT

**SWIMMING**

DISTANCE FREE  
SPRINT FREE  
BREASTSTROKE  
BUTTERFLY  
BACKSTROKE  
INDIVIDUAL MEDLEY

DISTANCE FREE  
SPRINT FREE  
BREASTSTROKE  
BUTTERFLY  
BACKSTROKE  
INDIVIDUAL MEDLEY

Suzanne Burgman, MRC  
Erin Prout, MacEwan  
Nora Vogan, GPRC  
Karine Gagnon, KC  
Carolyn Watson, MRC  
Crystal Saltesz, MRC

Mike Kotuk, MRC  
Andrew Gerlitz, MRC  
Kyle Haley, MRC  
Robert Ansell, MRC  
Zak Robart, MRC  
Francois Coetzer, GPRC



## 2003/04 CCAA ACADEMIC ALL-CANADIANS

A student athlete must attain an equivalent to 80% or an academic honours standing, as defined by their individual institution, and have been named to their conference all-star team to qualify as an Academic All Canadian.

### CONCORDIA UNIVERSITY COLLEGE OF ALBERTA

Drew Czernick, Badminton  
Lindy VanRiper, Badminton  
David Vandervelde, Basketball

### GRANDE PRAIRIE REGIONAL COLLEGE

Amanda Bolton, Badminton

### GRANT MACEWAN COLLEGE

David Brimacombe, Basketball  
Nathan Coughlin, Basketball

### LETHBRIDGE COMMUNITY COLLEGE

Liav Peled, Basketball  
Ryan Anderson, Basketball

### MOUNT ROYAL COLLEGE

Kyle Foley, Badminton  
Gina Guimont, Basketball  
Renee Tratechaud, Volleyball

### NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY (NAIT)

Torri LaRocque, Badminton  
Jay Damery, Basketball  
Nichole Fessler, Basketball  
Slav Kornik, Basketball  
John Ready, Volleyball

### RED DEER COLLEGE

Michelle Wilson, Basketball  
Claire Thomas, Soccer  
Meghan Toal, Soccer  
Brandie Burton, Volleyball  
Anne Fleming, Volleyball

### SOUTHERN ALBERTA INSTITUTE OF TECHNOLOGY (SAIT)

Emily Parsons, Cross Country Running  
Holly Ratzlaff, Cross Country Running  
Rachel Robichaud, Cross Country Running  
Veronique Jenkins, Cross Country Running  
Sandra MacLean, Soccer

### THE KING'S UNIVERSITY COLLEGE

Angela Reize, Volleyball



## 2003/04 ACAC COACH OF THE YEAR AWARDS

BADMINTON: **Naeem Haque** (CUCA)

BASKETBALL - MEN: **Phil Allen** (LC) - North  
**Craig Behan** (RDC) - South

BASKETBALL - WOMEN: **Doug Leong** (NAIT) - North  
**Brad Karren** (LCC) - South

CROSS COUNTRY RUNNING: **Bertil Johansson** (LCC)

CURLING: **Jules Owchar** (NAIT)

HOCKEY - MEN: **Terry Ewasiuk** (MacEwan)

HOCKEY - WOMEN: **Jim Newman** (NAIT)

SOCCER - MEN: **Kevin Poissant** (TKUC)

SOCCER - WOMEN: **Susan Melnyk** (NAIT)

SWIMMING: **Linda Marshall** (MacEwan)

VOLLEYBALL - MEN: **Greg Barthel** (TKUC)

VOLLEYBALL - WOMEN: **Sandra Lamb** (MRC)

## COUGAR ATHLETICS POSITIONS ITSELF FOR FUTURE SUCCESS

*Submitted by Trevor Hunter, MRC Athletics*

In the interests of maintaining and enhancing the quality of Cougar Athletics, the department has made a recommendation to the College Board of Governors to discontinue its varsity cross-country running and swimming teams as of the 2004/05 season. It is anticipated that by concentrating its fiscal and human resources on ten varsity team instead of twelve, Cougar Athletics will be able to offer more exceptional opportunities to its student-athletes and further secure its place as Canada's leading collegiate athletics program.



Athletics manager Ron Wuotila acknowledges that the decision was not an easy one.

"Faced with a significant budget shortfall, Cougar Athletics made the difficult decision to cut two sports. We do believe it was the right decision given the circumstances. At the same time, we recognize the effect this will have on members of the two teams, and we appreciate their efforts and commitment to Cougar Athletics."

Impact on the college community was as much a factor in the decision-making process as fiscal and human resource considerations, add Wuotila. So too was the ability of the sport to act as an "ambassador" for Mount Royal College and Cougar Athletics, spreading the word not only from coast to coast but across the border as well.

Mount Royal College's Board of Governors must still approve the athletic department's recommendation at its June 7th meeting.

"In order to continue to excel, the Department must be able to provide adequate financial support for the sports we carry. Discontinuing two teams was a difficult decision, but ultimately it means a sustainable future for Cougar Athletics."





# ACAC SUBWAY ATHLETES OF THE WEEK

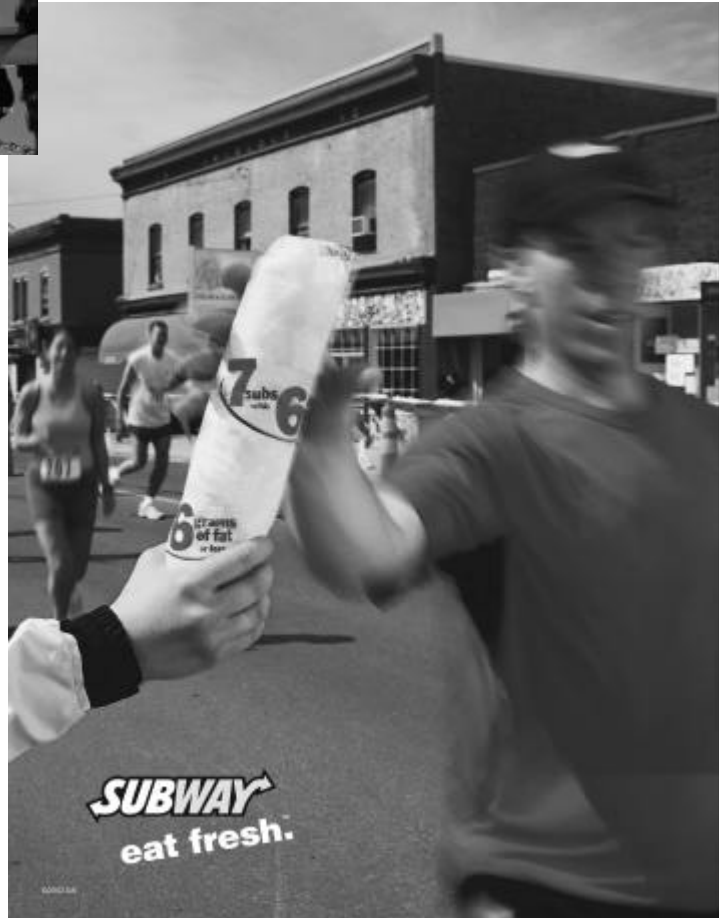
Date	Female	Male
Week of March 15-21	Lauren Wallace, Basketball (MRC)	Gord Bell, Hockey (MacEwan)
Week of March 8-14	Becky Conly, Volleyball (MRC)	Robert Ansell, Swimming (MRC)
Week of March 1-7	Kelsey Paw, Hockey (MRC)	Jason Damery, Basketball (NAIT)
Week of February 23-29	Amber Smart, Basketball (CUCA)	Kyle Foley, Badminton (MRC)
Week of February 16-22	Tonya Young, Hockey (U of C)	Tyson Motz, Hockey (MRC)
Week of February 9-15	Jessica Yu, Badminton (MacEwan)	Tim Green, Hockey (AUC)
Week of February 2-8	Jill Hanson, Basketball (MacEwan)	Josh Feist, Basketball (MRC)
Week of January 26-February 1	Miranda Miller, Hockey (NAIT)	Joel Allen, Basketball (LC)
Week of January 19-25	Tara Hammer, Hockey (U of C)	Tony Dornbusch, Basketball (PBC)
Week of January 12-18	Sarah MacMaster, Badminton (MRC)	Darryl Reinhardt, Basketball (SAIT)
Week of January 5-11	Natalie-Ann Alexis, Volleyball (KC)	Clayton te Raa, Volleyball (TKUC)
Week of November 24-30	Alana Pyzyk, Basketball (MacEwan)	Kelly Lundgren, Basketball (MRC)
Week of November 17-23	Angela Reize, Volleyball (TKUC)	Dallas Soonias, Volleyball (RDC)
Week of November 10-16	Bridgette Langford, Volleyball (SAIT)	Steve Rott, Volleyball (MacEwan)
Week of November 3-9	Mary Kamau, Cross Country Running (LCC)	Carl Skinstad & Jamie Masters, Cross Country Running (AUC)
Week of October 27-November 2	Alissa Nanninga, Volleyball (TKUC)	Jason Damery, Basketball (NAIT)
Week of October 20-26	Torri LaRocque, Badminton (NAIT)	Chad Rycroft, Hockey (AUC)
Week of October 13-19	Laura Lebrun, Hockey (MRC)	Scott Reynolds, Soccer (NAIT)
Week of October 6-12	Lorena Christensen, Soccer (TKUC)	Chad Davidson, Hockey (SAIT)
Week of September 29-October 5	Gillian Doubleday, Soccer (MRC)	Christopher Douglas, Soccer (SAIT)
Week of September 22-28	Claire Thomas, Soccer (RDC)	Mark Northover, Soccer (MRC)
Week of September 15-21	Mary Kamau, Cross Country Running (LCC)	Riley (Robert) McLaren, Soccer (MacEwan)
Week of September 8-14	Serena Kerekes, Soccer (SAIT)	Flint Kehler, Soccer (RDC)





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