

ACAC OUTLOOK

THE
NEWS
&
NOTES
OF
THE
ALBERTA
COLLEGES
ATHLETIC
CONFERENCE



OCTOBER 2004



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"Combining Athletic & Academic Achievement"

Cover Photo

The 17th hole of the Sundre Golf Club, site of the 2004 ACAC Golf Championships. More stories inside.

Photo Courtesy of Bob Day

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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PRESIDENT'S MESSAGE

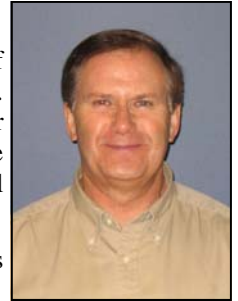
Submitted by Allan Ferchuk, ACAC President

It is my distinct pleasure to represent the members of the ACAC Council as president in our 40th year of intercollegiate competition. Our Conference has grown to eighteen members participating in nine sports. The success of our conference is very much due to the professional, reciprocating relationships amongst our members and our external partners; the Alberta Sport, Recreation, Parks and Wildlife Foundation, the Alberta Schools' Athletic Association, the Canadian Colleges Athletic Association and our nine provincial sport association partners.

It is my personal goal that we will strengthen each of these relationships in the next year. Such relationships are fundamental to the continued development of school sport within Alberta.

The mission of the ACAC is to maximize student-athlete educational experience through intercollegiate sport and to provide a leadership role in the development of sport in Alberta. As President of the ACAC, I wholeheartedly encourage our student-athletes (numbering in excess of 2,000) to commit totally to their development inside and outside the classroom.

The 2004-05 season promises to be amongst the most competitive ever highlighted by the hosting of three national championships within Alberta: cross country running at Grant MacEwan, men's basketball at NAIT and women's basketball at SAIT. A sincere thank you to these host institutions. Good luck and good sportsmanship to all!



FROM THE DESK OF ...

Bob Day, ACAC Executive Director



Welcome to the "new look", newly crowned "*ACAC OUTLOOK*"! This is the first in a series of three ACAC newsletters to be published this "season".

Many changes have occurred in the Conference and while we'll miss some familiar faces this year, we welcome many new sport leaders and athletes to our athletics family and look forward to witnessing the contributions and exciting performances each has to offer!

The Conference Executive Committee returns NAIT's Gregg Meropoulis to the portfolio of Past President while MacEwan's Bill Dean in the role of VP, Finance and Yvonne Becker as VP, Operations return for a second year. The 2004-5 Executive will be joined by two past members who have previously maintained Executive portfolios: RDC's Allan Ferchuk as President and Francois Fournier as VP, Marketing. In the ACAC Office, Erin Cameron returns.

The ACAC has elected to extend its moratorium on new membership, new sports and participation in new sports by current members as the Conference Council continues to study the Conference's role in Alberta post-secondary athletics and to develop a strategic plan for the association. Recently, the Conference Council re-affirmed a geographically-based divisional format for soccer, basketball and volleyball and adopted a modified scheduling guideline for the two court sports. Work on these most important considerations continues.

As usual, the Conference will welcome the finest collegiate student athletes in Canada as we host three Canadian Colleges Athletic Association national championships during 2004-5. First, Grant MacEwan College will host the 2004 CCAA National Open Cross-Country Running Championships at Gold Bar Park in Edmonton, Nov. 13. The ACAC is the defending champions in both women's and men's competitions. In the spring, Calgary's SAIT will host the CCAA Women's Basketball Championships March 17-19 where the ACAC champion will attempt to defend the championship won by Lethbridge Community College last season. Over the same time period, Edmonton's NAIT will host the CCAA Men's Basketball Championship where the ACAC will attempt to return to the pedestal held by host NAIT just two years ago.

Very best wishes to all our student athletes, coaches and officials as we work together to make ACAC sport an important and integral part of the post-secondary educational enterprise in Alberta!



ACAC GOLF UNDERGOES CHANGES

Submitted by Garry Meadus, ACAC Golf Convenor

This year marks the second conducted under the regional qualifying format, leading to the ACAC provincial championship. It would appear the revised format has been successful as indicated by the entry of nine ACAC member institutions and the U of A as a guest member. In the future, the Conference will consider the expansion of the regional qualifiers to a two round tournament as we strive to grow the sport in keeping with our mandate to be leaders in the development of sport in Alberta. This format will provide our student athletes with additional competitive opportunities and should result in an improved qualifying process.

On the coaching front, on course coaching during competitions has been reviewed and finalized consistent with those used in CIS/CCAA RCGA-sponsored competitions.

GOLF REGIONALS REPORT

Submitted by Bob Day, ACAC Executive Director

The single round ACAC North and South Golf Regional Tournaments were held September 25. In the South, 23 men and 8 women teed it up at the Olds Central Highlands Golf Club. The North Regional was held at the Lac La Biche Golf and Country Club. 32 men and 4 women participated at Lac La Biche. On note in the North, the U of A participated for a second consecutive season as a guest member * *U of A scores not included*

In the men's competition, the top three teams (5 golfers each) and the top four wild cards advance from each regional to the provincial championship. In the women's flight, the top three teams (3 golfers per team) and top two wildcards advance. Not unlike the Alberta Golf Association, the ACAC women's ranks are thin at this time.

Tournament Summaries:

South Regional at the Olds Central Highlands Golf Club (Host: Olds College)

Men's Team Competition

- 1st - U of C (302)
- 2nd - MRC (306)
- 3rd - LCC (319)
- 4th - OC (337)

Men's Low Scores

- 1st - Jacob Manz, MRC (71)
- 2nd - Mark Rice, U of C (72)
- 3rd - Trevor Slaughter, U of C (74)



Women's Team Competition

- 1st - MRC (172)
- 2nd - U of C (187)

Women's Low Scores

- 1st - Kim Valleau, MRC (80)
- 2nd - Karla Gustafson, U of C (88)
- 3rd - Robyn MacFarlane, MRC (92)

*North Regional at the Lac La Biche Golf and Country Club *(Host: Portage College)*

Men's Team Competition

- 1st - CUCA (344)
- 2nd - NAIT (346)
- 3rd - LC (358)
- 4th - PC (367)

Men's Low Scores

- 1st - Darren Stafford, PC (79)
- 2nd - Paul Kuperus, CUCA, (80)
- 3rd - Justin Bourgeo, NAIT (82)

Women's Team Competition

- 1st - none participated
- 2nd - none participated

Women's Low Scores

- 1st - Chantelle Thompson, LC (114)
- 2nd - Carli Clark, NAIT (115)
- 3rd - no others participated



FROST DELAYS AND QUICK, CROWNED GREENS WELCOME GOLFERS AT THE ACAC CHAMPIONSHIPS

Submitted by Bob Day, ACAC Executive Director

Mount Royal College was the host; the Sundre Golf Club was the venue. On Oct. 1-2, the finest ACAC golfers descended upon Sundre to compete for the 2004 ACAC Individual and Team Championships. Thirty-men and nine women teed off Friday after a two and one half hour frost delay. Teams from Concordia College, Lethbridge Community College, Mount Royal College, NAIT and the University of Calgary competed for the men's team title while Mount Royal College and the U of C competed for the women's team banner. Individual "wild card" competitors from Lakeland College, Olds College and Portage College joined the field after earning their tee times through qualifying at regionals in Lac La Biche and Olds one week previous.



Despite the extended frost delay, golfers enjoyed splendid weather during Friday's round one. Scores were expected to be low on the short Sundre track but narrow fairways and tricky greens and a couple difficult pin placements made low scoring a challenge. Some participants found that their drivers spent too much time in the bag. In the men's draw, five individuals posted scores in the 70's including first round leader Tahlon Sweeney of LCC with a 76. The U of C's Mark Rice and James Wong followed with 77's while teammate Trevor Slaughter posted a 79 and CUCA's Paul Kuperis posted a 78. On the women's side, Kim Valleau of MRC posted an 80 and enjoyed a six stroke lead over Karla Gustafson of the U of C and a nine stroke lead over teammate Robyn MacFarlane. In the men's team totals, where teams count the top four scores of their five golfers, the U of C (316) held a commanding twelve stroke lead over MRC and a fourteen stroke lead over CUCA. MRC (169) led the women's team (best two of three scores) totals over the U of C (178).

Saturday morning saw temperatures nearly 10 degrees warmer but still golfers faced a two hour frost delay. Again however, perfect playing conditions greeted the field once the frost burned off. Despite cutting the U of C's leading margin by four strokes on day two, MRC could not make up the Dinos large day one lead as the Dinos cruised to first place in the men's team competition. More highly contested appeared the battle for the team silver bronze medals as CUCA, LCC, MRC and NAIT entered day two with merely nine strokes separating the four squads. MRC jumped into second place posting a low second day team score of 322 followed by NAIT at 328 and CUCA and LCC at 333. Despite their strong day two showing, NAIT could not make up their day one deficit and finished fifth, a mere four strokes behind third place CUCA and two stroked behind fourth place finisher LCC. In the women's team competition, MRC cruised to a 32 stroke two day victory and easily captured the women's team championship by 41 strokes. In individual competition, Sweeney's first round lead held up for the gold as his second round 78 was the second best round of the day, behind only MRC's Jacob Manz's 77. Mark Rice posted a second round 78 to fall one stroke off the lead and earn the silver medal. Trevor Slaughter was awarded the bronze medal over teammate James Wong on the basis of posting the lower day two score. MRC women swept the medals with Kim Valleau posting a two round score of 167 to win the women's gold medal by an impressive 12 strokes. Robyn MacFarlane finished second at 179 and Lecara Kriese earned bronze at 182.

The tournament was well-organized by MRC coach Scott Baird and his staff. Participants joined together in the clubhouse following round two for a fine meal and the medal and championship banner presentations. Congratulations to this years team champions the MRC women and the U of C men and to the individual medalists!

Tournament Summary:

Men's Team Competition

- 1st - U of C (642)
- 2nd - MRC (650)
- 3rd - CUCA (663)
- 4th - LCC (665)
- 5th - NAIT (667)



ACAC Golf Medalists

Women's Team Competition

- 1st - MRC (344)
- 2nd - U of C (385)

Men's Low Medalists

- 1st - Tahlon Sweeney, LCC (76,78/154)
- 2nd - Mark Rice, U of C (77,78/155)
- 3rd - Trevor Slaughter, U of C (79,80/159)

Women's Low Medalists

- 1st - Kim Valleau, MRC (80,87/167)
- 2nd - Robyn MacFarlane, MRC (89,90/179)
- 3rd - Lecara Kriese, MRC (94,88/182)



GOLF ATHLETE PROFILES: LECARA KREISE & TREVOR SLAUGHTER

Editor: This issue of "ACAC OUTLOOK" introduces a new, soon to be regular feature of the newsletter, student athlete profiles. The Alberta Colleges Athletic Conference is, after all, student athlete focused and through this feature we intend to highlight some of the individuals who make the conference what it is. In today's inaugural profiles, we feature two extremely outgoing individuals who participate in one of our little-known, lower profile sports, golf. Incidentally, both Lecara and Trevor captured bronze medals at the recently held ACAC Golf Championships! The interviews were fun to do and we shared many laughs as we progressed through the interview questions! Enjoy!

Name: Lecara Kreise

College: MRC Age: 21 B'date: March 20/83 Hometown: Creston, BC
Family: Mom, Dad, 2 sisters Year/Major: 3, Mktg Management Educ. Plans: Bus. Degree
Career Goals: Sports Marketing
Why did you choose your school? "Close to home but far enough away!"
Sport Background: Gymnast at 5 yrs, later coach; basketball; volleyball and track in high school; started golfing at 14 to meet the boys!
Mentor: Randy Panton, head pro at Creston Golf Club Role Model: "All the coaches I've had!"

Personal Profile: What's your favorite...

- * Golf Course: Balfour (near Creston) * Athlete: Svetlana Khorkina * Actor: Julia Roberts
* Pro Golfer: Mike(y) Weir * Movie: Tin Cup * CD/Album: Norah Jones
* College Course: Speech Class * TV Show: CSI Miami * Hobby: Fly Fishing
* MRC Team: Women's Basketball * Book: Chicken Soup for the Soul * Holiday: Oregon Coast

Lecara's Comments On...

* the Prov'l Championship: "I enjoyed playing the difficult Sundre course. It was organized well and it was nice to get to know some of the players from the other colleges because of the frost delay!"
* the Sundre course: "The tree lines made you have to think and was it was tough on the first day. I enjoyed the course... it kept one alert!"
* ACAC Golf?: "Interesting! Good competition within our area but would definitely be better to get more tournaments and more competition!"

Lecara's Plans for Next Year?: "I'll return to MRC, finish off my diploma and play on the golf team!"

Lecara's Message for ACAC Student Athletes: "Make sure you're enjoying the sport you're doing and do well in school. Playing a sport gives you a head start in life because you learn to organize your life well. Do a good job balancing both and enjoy yourself!"

And finally, are you an eligible bachelorette?: "NO!"



Name: Trevor Slaughter

College: U of C Age: 21 B'date: July 25/83 Hometown: Ottawa, ON
Family: Mom, Dad, sister/brother Year/Major: 3, Biochemistry Educ. Plans: B.Sc. Degree
Career Goals: Medicine

Why did you choose your school? "Family moved to Calgary. Now it's home and I'm a homebody!"
Sport Background: First love is hockey; played high school basketball; best at soccer; started golfing at 14 years of age.
Mentor: "Pop, my Dad!" Role Model: "DAD"

Personal Profile: What's your favorite...

- * Golf Course: Bear Mountain (Victoria) * Athlete: Michael Jordan * Actor: Will Farrell
* Pro Golfer: Fred Couples * Movie: Good Will Hunting * CD/Album: Marvin Gaye's Greatest Hits
* College Course: Macroeconomics (Prof) * TV Show: CSI * Hobby: Snowboarding/Golf
* U of C Team: Men's Volleyball * Book: The Godfather * Holiday: Drive through California/Vegas

Trevor's Comments On...

* the Prov'l Championship: "It was awesome; well run at a good golf course; a good test of golf; a good meal!"
* the Sundre course: "I liked it! If you posted a good score you were smart and you earned it!"
* ACAC Golf?: "It's cool 'cause it's growing and attracting more attention. It's cool that the ACAC let the U of C play! Players are getting better!"

Trevor's Plans for Next Year?: "Return to the U of C for my 4th year and play some golf!"

Trevor's Message for ACAC Student Athletes: "Just get as much out of it as you possible can. College/university are the best years of your life. Get your athletics out of it, give it a lot and enjoy it!"

And finally, are you an eligible bachelor?: "Yes. Oh, I should say 'No' to that!"





2004-05 ACAC MEN'S BASKETBALL PREVIEW

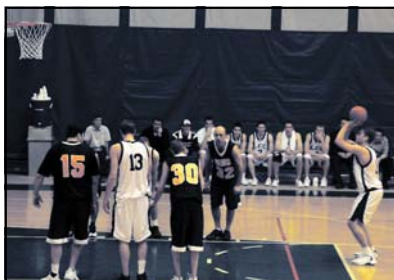
Submitted by Craig Wilsman, ACAC Men's Basketball Convenor

The 2004-2005 men's ACAC basketball season is fast approaching with all of the teams gearing up. It promises to be an exciting season of fast-paced, strategically played and intensely competitive season across the conference.

The North has some very strong teams again this year along with one big coaching change. That change saw the CCAA Coach of the Year, Marc Dobell resigning and relocating back in his alma mater of Mount Royal College. Several teams will be vying to wrestle from NAIT their grip on the bragging rights of the Conference. At Augustana, the North's longest serving coach, Stacy Lorenz, will step aside while on leave this year as he works toward the completion of his Ph.D.

As some see it, Lakeland, Concordia, NAIT and Grant MacEwan could be in a dog-fight all season long vying for top spot in the four play-off placings. Basketball fans will recognize a old face back in the line-up at Grant MacEwan. Former CIS Player of the Year, Robbie Valpreda has transferred back to help add another title to MacEwan tradition. Lakeland could be the best team with their size and the depth of the players that Coach Phil Allen brought in. Meanwhile, the Concordia Thunder look to run their way right through the playoffs this year and not fade at the end. Augustana, under interim coach Dave Drabiuk look to surprise many teams. The Kings University College has seven returnees including several fourth year players and look to move up in the North Division standings this year. Grand Prairie will have a new look and expects to have a more united team that plays with the same toughness and promises to fight for the Division title.

In the South Division, two new coaches, Lethbridge Community College have both back at the top real quick. Mount their new coach's homecoming and several Canadian Jeremy Odland to get back to his the ACAC from a year at the University of young but experienced talent. New coach experience and will look to blend his talent days.



Marc Dobell at MRC and Phil Tollestrup at transfers and returnees that could put them Royal will bring a wealth of experience with promising transfers. Look for 2002-3 All-dominate ways since transferring back into Calgary. Lethbridge looks to be loaded with Phil Tollestrup brings a great deal of quickly to bring his team back to their glory

Red Deer is probably the coaches' pick to clinch the top spot in the South. They return eight from last years top team and have added two additional post players to an already strong interior line-up. Briercrest College has a new name and a new sense of hope because they have more depth this year, especially in the post where they were limited last year. Look for them to be tough and to make a strong run for the playoffs. Medicine Hat will look like the youngest team in the division but don't let that surprise you. They will be a tighter and more confident team after facing many tough challenges during Coach Jason McLester's rookie season.

SAIT could be the surprise team of the year! Despite losing CCAA and ACAC Player of the Year Eddie Richardson III, they have a wealth of talent. The 2003-4 Trojan squad nearly pulled off an upset over three-time champion NAIT last year in the Conference semi-finals and look to regroup and claim the top spot this season. The Trojans will be big and fast. Look for some blowouts from Craig Anderson's SAIT Trojans again this year.

Prairie Bible College hopes not to be on the wrong end of many contests this year. The Pilots return seven players and also have their best inside game in years to complement their outside game. Maturity and their typical team unity will be their trademarks this year as they look to make a stronger push for the playoffs and make it in for the first time in their ACAC history.

What will the ACAC archive say about this season? Regardless of the numbers, we know it will say that the teams fought hard and played fair; but who will rise to top? Who will be the surprise teams, the new stars, the team leaders? The 2004-5 season has started well with many close exhibition contests and shows promise for being potentially the most exciting season ever in the history of ACAC men's basketball and as we await the opening tip-off of the season, no college looks like a clear favorite.

Coaches predictions out of the North suggest Concordia and Lakeland will fight it out for first while NAIT, MacEwan will battle for third and fourth followed very closely by Augustana, TKUC and GPRC. In the South, the coaches favor Red Deer to finish first. SAIT appears to be the preferred choice for second with MRC possibly sneaking in there. It would appear the biggest battle would be for fourth spot where all the other teams could easily find themselves vying for the final playoff spot.



2004-05 ACAC WOMEN'S BASKETBALL PREVIEW

Submitted by Avery Harrison, ACAC Women's Basketball Convenor

South Division

Lethbridge

Three time ACAC South Division Coach of the Year Brad Karren has a wealth of talent on the reigning CCAA Champion Kodiak's roster. In addition to four returning starters in Mickey Folsom (All-Canadian), Tara Griffith (MVP at Nationals), Laura Campbell, and Deana Dypolt add transfers Beth (Clawson) Anderson and former ACAC All-Conference Alana Arnold, both from the University of Lethbridge, and LCC looks like they are raising the bar in the ACAC. As well, rookies Courtney Coyle and Claire Nesbitt make this the best team Karren has had in his five years in the ACAC.

Mount Royal

The Cougars are in a rebuilding year, but with Nadeane Jackson, Erin Jackson and Ashlee Guise leading the way Mount Royal will be okay. After a season ending injury last season expect Savannah Magnuson, a pre-season All-Conference prediction to have a break out year. Brittany Patterson and Allison Masterson return for a second year and are joined by top recruit Kristy Dykshoorn from Foremost.

Medicine Hat

Boris Grisonich steps behind the bench of a strong Rattlers squad. Led by Janine Hooper, Nicole Hanna (a transfer from Lethbridge Kodiaks) and Rachel Nosworthy from Grant MacEwan, this team could finish even higher if Mount Royal falters in the first half.

Red Deer

The Queens charged into the play-offs last year winning three of their four final regular season games and then came close to upsetting Grant MacEwan in the first round of the post season. Michelle Wilson returns from her first year All-Conference performance looking to be even better. Red Deer is hurting over the loss of All-Conference forward Janet Ariss to Concordia, but coach Sharon Hamilton has to be excited about the addition of 6'1" post Cori Jones from Hanna.

SAIT

SAIT has been called the "dark horse" in the race for the post season. Last year the team was third in the ACAC on defense but could not score with the game on the line, twice missing last second lay ups in one point games. Returning captain Kelly Post is joined by Nicky Connell, Whitney Jakobson, and transfer Natalie Svarich on a young Trojan roster. Key recruits for the Trojans include Sarah Anderson, Talia Galbraith and Meghan Donahue, all from Springbank. If the Trojans can solve their scoring woes of a year ago they may displace someone above them for a play-off berth.

North Division

Grant MacEwan

A near unanimous pick to finish first in the North, the Griffins will be led inside by veterans Emma Rowbotham, Janet Hatfield and Rachel Vanderveen. Look for outside contributions from pre-season All-Conference selection Megan Campbell, Jill Talbot and Jessy West. Coach Ozcan will again field a squad that can stifle teams with their full court pressure and wear the opposition down with their towering inside game.

Concordia

The Thunder come off a second place finish in the North last year and the "experts" predict much the same for 2004-05. Concordia is a nice blend of returning veterans and talented rookies that will be tough to play this season. Amber Smart will lead this club with solid support from veterans Leanne Barrett and Lauren Green. The Thunder lost All-Conference post Lisa Francis to NAIT, but picked up South Division All-Conference Janet Ariss from Red Deer and coach Scott Edwards has to be happy about that behind the bench.

Augustana

In Augustana, first year Head Coach Cheryl Corrigan is elated to have fourth year post Pam Reinke return from the University of Victoria for her final year of eligibility. Joining Reinke are strong third year players Joan Wheat from Marwayne, Alana Martinson and Sherwood Park's Paige Gaudrea, a pre-season All-Conference selection. Rookies Karla Binder from Cochrane and Kriata Joudrey from Morinville will also be great additions for the Vikings.

NAIT

ACAC 2003-04 North Division Coach of the Year Doug Leong has to be happy with the addition of transfer Lisa Francis from Concordia over the summer. Adding the 6'0" post to play alongside returning veteran Nichole Fessler gives the Ooks an inside game that may be the most dominant in the ACAC. Both are All-Conference selections, exactly where they were a year ago. Expect this team to once again be in the post season and if anyone in the top three falters watch for NAIT to climb even higher.

Grande Prairie

The Wolves are looking to rebound from a disappointing 2003-04 season that saw them miss the post season. Third year coach Joel Mueller has a strong group of veterans returning and the team will be much quicker than a year ago. The Wolves are hoping to score a lot more in 2004-05, and their run and gun style will be a key to their success.



2004-05 WOMEN'S ACAC BASKETBALL PREVIEW CONT'D

South Division Continued

Prairie Bible

New Pilots Coach Bob Murray will be relying heavily on last year's leading scorer Kim May, who also led the team in rebounding. On the bright side, the team returns its top five scorers. That experience will definitely help Prairie.

Briercrest

The grapevine has been very quiet out of Briercrest over the summer. The only news anyone has really heard is that last year's top scorer and rebounder Becky Dykshoorn has transferred to Mount Royal. Coach Curtis Plitt is going to be tested this season.

North Division Continued

Lakeland

After a tough initial season in the ACAC the Rustlers know what to expect this season. Coach Kevin Huber's team will have their hands full but the addition of Katherine Keys from the University of Saskatchewan and the return of ACAC 3 point record holder Megan Ragush makes the Rustlers look stronger as eight strong recruits joining the roster.

King's

Patrick Sullivan's Eagles are looking at a long season according to pre season predictions. The team seemed to lack a strong leader in 2003-04 and it might be time for Hilary Smith or Kristen McCarroll to step forward and show the way. The team is not lacking talent, so any opposition not taking them seriously could be in for a rough night.

2004-05 ACAC BADMINTON PREVIEW

Submitted by Jordan Richey, ACAC Badminton Convenor

The 2004-2005 ACAC badminton season gets started with first semester seeding tournaments at Grande Prairie Regional College, October 23-24 and Mount Royal College, November 20-21. Once again, Mount Royal looks like the team to beat with several strong players with international experience. Concordia College will look to dethrone the Cougars as the two time defending silver-medalist has the majority of their team returning for another crack at the powerful Cougars squad. Grant MacEwan, NAIT and Red Deer all look to battle it out for the bronze medal this season. It should be a rebuilding year for Grande Prairie Regional College as they are led by first year coaches Derrick Frechette and Pam Bolton.

This year's season of ACAC Badminton will be quite unique in that three, and possibly four of the six colleges will be traveling to Hawaii this January to compete in the Honolulu Open. NAIT, Grant MacEwan, and Concordia are all playing in the international event this year, with Grande Prairie Regional College continuing to fundraise to try and participate in the event.

The league should be tremendously competitive this season and once again, the ACAC should be sending an unbelievably strong team to the CCAA National Badminton Championships in Barrie, Ontario next March. Good luck to all teams and have a "smashing" season.

2004-5 ACAC Badminton Tournament Schedule

Tournament # 1: Grande Prairie Regional College
(October 23rd - 24th, 2004)

Tournament # 2: Mount Royal College
(November 20th - 21st, 2004)

Tournament # 3: NAIT
(January 22nd - 23rd, 2005)

Tournament # 4: Red Deer College
(February 12th - 13th, 2005)



2004-5 ACAC Badminton Championship Schedule

ACAC Team Championships
& Nationals Qualifying at Concordia
(February 19th - 20th, 2005)

CCAA Nationals at Georgian College,
Barrie, Ontario
(March 3rd - 5th, 2005)



GRANT MacEWAN & THE ACAC WELCOME CCAA'S FINEST CROSS COUNTRY RUNNERS

Submitted by Brian Stackhouse, ACAC Cross Country Running Convenor

Cross Country Running teams in the ACAC are looking forward to challenging Championships, both ACAC and CCAA, on Edmonton's Goldstick Park trails. Concordia hosts ACAC Championships on October 30 while Grant MacEwan hosts the CCAA meet on November 13. Grant MacEwan's Mark Lund has done a superb job of revising the traditional course in order to accommodate a 5.0 km distance for women, increased from 4.0 km in the past, as well as picking a course where snow removal will be feasible in November, if necessary. The local cross country skiers will love Mark if this happens!

Grant MacEwan is highly organized and poised to host excellent CCAA Championships. The course is excellent, the planning is thorough and information packages were circulated over a month ago to CCAA member institutions. The October 20 entry deadline should encourage the rest of us to commit early, not the normal operating style for many of us including myself. This will be the third year for CCAA Championships in Cross Country Running. Unfortunately, at present the competition is primarily between ACAC and OCAA colleges. The BCCAA sent conference teams in 2002 to Red Deer but did not participate in Ontario last year. Les Parsons, formerly from Lakeland College, is presently in Quebec and trying to get cross country running going again in the CEGEP's there and has talked about possibly hosting CCAA's in conjunction with CIS championships on the Plains of Abraham in Quebec City in 2006 . . . an exciting prospect! At present, the ACAC seems to have the strongest cross country running program, having won both Women's and Men's Conference Championships in both 2002 and 2003. That being said, the OCAA is looking stronger, particularly in the men's competition. The quality of competition is good and we look forward to ongoing CCAA Championships with increased participation from more conferences. The introduction of the CCAA Open Championships has been the most exciting development in college cross country running since the ACAC was established!

Based on early season results of the Grand Prix Series races in Grande Prairie (Sept. 18), Red Deer (Sept. 25) and Edmonton (Oct. 2), SAIT and Augustana look to have the strongest women's teams while LCC and Augustana (again!) seem to have the strongest men's teams. Several other colleges are likely competing for bronze medals. Portage College and Lakeland College have yet to put in an appearance at the Grand Prix races. We suspect they're planning to surprise us at the Championships. There are two more upcoming Grand Prix races, Oct. 16 in Calgary and Oct. 23 in Lac La Biche. It was tremendous disappointment to the ACAC cross country running community that MRC, which has had a consistently strong cross country running program for about 40 years, chose to cancel their program this year for budgetary reasons.

We have a strong nucleus of committed coaches, colleges, and teams and we are looking forward to an exciting conclusion to our cross country running season. See the next issue of the ACAC Outlook for the results of this year's championships!

ACAC COACH GARNERS PROVINCIAL HONOURS

Reprinted with permission from the Basketball Alberta Press Release

On September 18, 2004 a Basketball Alberta press release announced the 2003-4 Baden Coaches of the Year. Receiving the Female Coach of the Year Award was the ACAC's own Brad Karren of Lethbridge Community College. This is the second consecutive year and ACAC coach has received the award. NAIT's Marc Dobell (now men's coach at Mount Royal College) received the male award last season.

From the press release:

Brad Karren (Lethbridge Community College, Lethbridge) led his team to an overall 30-1 win-loss record during the 2003-4 season. They claimed the Alberta Colleges Athletic Conference (ACAC) Southern Division title with a 23-1 win-loss regular season campaign, went on to capture the ACAC Provincial Championship and followed that up with a Canadian Colleges Athletic Association (CCAA) National Championship defeating arch-rivals Mount Royal College from Calgary in the National Championship game. This was the first National Championship for the Lethbridge Community College program since last winning in 1990. Over the years Brad has consistently assembled successful teams and for the third consecutive season he was selected the ACAC Women's Coach of the Year by his ACAC Conference coaching peers.





ACAC WOMEN'S VOLLEYBALL: 1st SEMESTER PREVIEW

Submitted by Trever Turner, ACAC Women's Volleyball Convenor

With the season just underway, it is that time of the year to make some predictions and who knows, maybe they will come true. Will Mount Royal have another undefeated season and win the crown? Will Grant MacEwan capture the magic that they had in 2003? Could one of the so called lesser teams have a season they have envisioned over the past couple of years? Let's take a look at each team and according to where I think they will finish after the first semester. I have been wrong in the past!!

North Division

Grant MacEwan Griffins - On paper the Griffins have the deepest team in the league. Returning are Carolyn MacDonald, Lindsey Saunders and Michelle Barry. These women may be the three best hitters in the league. They have added some top recruits in Kaylen Berg and Jen Covelli and will be tough to beat this year.

Grande Prairie Wolves - Will the Wolves win one for their coach? Lee Carter will be taking the head coaching position at Brandon University next year and the team may use that as motivation to win the league. Returning are setter Ashley Melnyk and middle hitter Katherine Davis-Pajor, who will be looked upon for their leadership and experience.

The King's University College Eagles - With a strong recruiting off season, the Eagles will challenge for the ACAC crown this year. Kristen Dykstra returns as a third year setter and runs a very good offence that will keep the rest of the teams on their toes throughout the year.

Keyano College Huskies - Curtis Russell takes over as head coach and has a core group of players returning which will help in the transition. Jen Skiba and Natalie Alexis return and will figure prominently in their team play.

Lakeland College Rustlers - Are the Rustlers a team that may surprise this year? Look for the Rustlers to rely on tough serving and some outstanding team defence to upset a few of the contenders.

Portage College Voyageurs - The Voyageurs had an excellent 2003-2004 season and look to build on that for the upcoming year. With All-Conference Player Leah Crookedneck returning, this team will challenge for a playoff spot at year's end.

NAIT Oaks - Coming off a disappointing season, the Oaks look to improve throughout the year and possibly vie for a playoff position. This team will be led by Robyn Taylor and Erin Kerschbaumer who both played for the Alberta Provincial team during their high school days.

South Division

Mount Royal Cougars - The Cougars will be hard pressed to duplicate their undefeated 2003-4 season but they will give it a go. Returning is All-Canadian middle Tasha Hortness and with one year under her belt she will be a dominant force.

Red Deer College Queens - This could be the team to beat if rumors are true!!!! With Jill Shudra running the offence and some quality recruits in Kylie Crick and Jill Frison the Queens will be tough. Of note, the Queens will travel to Japan over the Christmas break for an exhibition tour of a lifetime!

Medicine Hat Rattlers - Stacey Toews will be the heart and soul for the Rattlers this year. After enjoying a fine first year she will lead this team by her hard work and determination on and off the court.

SAIT Trojans - With the Trojans advancing to the provincial pool for the first time last year and having tasted success, they will want that same feeling this year. Jessica Tamtom had an outstanding 2003-2004 season and will have to duplicate that again for the team to be successful.

Lethbridge College Kodiaks - With a new coach, Mark Nelson, and several new faces, the Kodiaks will look to build in the first half and compete for one of the two spots available in the second half. Transfer Amy Nyce will lead this team.

Briercrest College Clippers - Having had a young team last year, new coach Liesl Lockhart's Clippers will use that experience to challenge for a provincial pool berth in the first half. Watch out for this team!!

With each team enjoying a great off season in recruiting, this year could be the strongest from top to bottom and each team will have to play their best to win. Whoever does win the ACAC crown has an outstanding opportunity to win the CCAA national title.



ACAC MEN'S VOLLEYBALL AND MORE ...

Submitted by Keith Hansen, ACAC Men's Volleyball Convenor



The 2004-05 men's volleyball season will be interesting to say the least. We have a number of new coaches in the league and it seems some teams that have been traditionally weaker may be ready to step forward.

As for coaching changes, SAIT, MRC, MacEwan, MHC, LCC, KC, BBC and GPRC all have new bench bosses. Congratulations to MRC who were able to take their off campus coaching position and turn it into a professional on campus position. I hope other colleges follow your example and take the view that coaching is a profession.

The longer I am in the league, the more I see a need to move away from paying small honoraria of less than \$1,000 per month (\$8,000 for the year) for coaches. Our coaches deserve to be paid and treated like professionals and our athletes need the best coaching possible. I understand that it is not possible to have all coaches on campus but I believe institutions have to be committed to trying to make this happen. This is especially true for colleges that have physical education / kinesiology programs which teach about the professionalization of coaches but do not commit to

it. Not all the coaches who left the Conference were in non-professional positions however, many were. The revolving door of ACAC coaching will continue until we correct this problem.

As for the league, Lakeland, Briercrest, Portage and Medicine Hat have added talent to their line-ups and are improved from years past. RDC lost some extremely good players but had a good recruiting year, as did MRC, NAIT, TKUC and MacEwan. Early season results would suggest that Grant MacEwan, Mount Royal, Red Deer and King's have good chances of advancing to the provincial pool with most of the other teams having a legitimate shot of making it into this highly competitive, second half division.

EXCITING UPGRADES FOR SAIT TROJAN TEAMS

Submitted by Lori Nielsen, SAIT Marketing & Media Relations

The SAIT Trojans are excited about the announcement of renovations being made to the SAIT Campus Centre Gymnasium. Late last spring SAIT approved a half million dollar renovation plan to the existing facility. This is a remarkable show of support for Trojan Athletics and the upcoming 2005 Canadian Colleges Athletic Association (CCAA) Women's Basketball Nationals to be hosted by SAIT and held at the SAIT Campus Centre Gym March 17-19, 2005.

"The support towards sports at SAIT from the college's Senior Executive and the Board of Governors is tremendous and will help us make the 2005 CCAA Women's Basketball Nationals a first class event", says Athletic Director Ken Babey who is excited to see the "new gym" unveiled in February, 2005.

The renovations are scheduled to begin November 14th, 2004 and will be completed near the end of February, 2005. Included in the renovation plan is a new floor, electronic bleacher system and an electronic dividing wall.

All SAIT Trojan scheduled home games during the renovation period will take place at Crescent Heights High School.





MEN'S HOCKEY SEASON BEGINS WITH A BUZZ DESPITE LOSS OF RDC KINGS

Submitted by Gary Snyder, ACAC Men's Hockey Convenor

For the first time in the last six seasons, the ACAC men's hockey season will begin with less than eight teams as the Red Deer College Kings take what all hope will be a one year leave from competition. The departure of the Kings will create a 24 game schedule for the 2004-05 season. The remaining seven teams have been busy during the months of September and October with a number of exhibition matches between league opponents and outside competition (CIS, AJHL, MJHL, NCAA, and Sr. AAA).

The ACAC men's league should be with the defending champion Grant run at the ACAC title. The SAIT Mount Royal Cougars posted an losses against CIS teams this fall. two games with the NCAA University Alaska-Anchorage, losing 7-4 and 5-1 enthusiastic fans! Grant MacEwan Alberta Golden Bear Invitational West champions 3-1 in their match-up. Blue Gold Tournament included the MacEwan Griffins and the Concordia



rights. The NAIT Ooks posted a 3-0 record to win the tournament. In Calgary, the SAIT Eye Opener Tournament included the host Trojans, Mount Royal College Cougars, the University of Calgary Dinosaurs, and the University of Lethbridge Pronghorns. The University of Lethbridge won the Eye Opener posting a 2-0 record. Grant MacEwan and Augustana also faced the Fort Saskatchewan Sr. AAA Chiefs with 7-2 and 4-3 wins for the ACAC teams.

highly competitive for the upcoming season MacEwan Griffins re-loading for another Trojans, Grant MacEwan Griffins and overall exhibition record of 5 wins and 6 Grant MacEwan traveled to Alaska to play of Alaska-Fairbanks and the University of before crowds of 3,800 and 2,400 also won two games in the University of tournament, defeating the perennial Canada In other key pre-season action, the NAIT host Ooks, Augustana Vikings, Grant Thunder vying for early season bragging

The ACAC season begins October 15 with Mount Royal facing the Concordia Thunder, the SAIT Trojans hosting the Briercrest Clippers, and the Augustana Vikings facing the Grant MacEwan Griffins. One and all look forward to another exciting season of ACAC hockey leading up to the best of five championship series March 17-26!

VIKINGS TRADITION CONTINUES

Submitted by Yvonne Becker, Augustana Athletic Director

July 1, 2004 was a significant date in the history of Augustana University College. On that day, Augustana officially became a Faculty of the University of Alberta. This next step in the evolution of this institution from a 'junior college/high school', to a degree-granting institution, to become a part of a major Canadian university has ensured a great future for Augustana. The uniqueness of the Faculty as a campus separate from the Edmonton campuses of the University of Alberta provides for the maintenance of Augustana's rich history and identity.



One of the departments that continues to flourish on the Camrose campus is Augustana Athletics. The Vikings will compete in their traditional red, black and white colours. As well, they will maintain their participation in the Alberta Colleges Athletic Conference (ACAC) where they are charter members of this outstanding collegiate athletic conference. Augustana will continue its strong support of the ACAC teams currently in competition: women's, men's and mixed curling; men's hockey, women's and men's basketball, men's and women's cross-country running. Also, strong programs continue in women's and men's volleyball in the Alberta Colleges Athletic League (ACAL); and men's and women's biathlon and cross-country skiing (provincial, national and international competition). Student athletes for these programs will continue to be recruited to, and maintain full-time status in Augustana academic programs, on the Camrose campus.

Augustana Athletics is confident that its mission to enhance and enable the educational experiences of its student athletes will continue to grow through this merger with the University of Alberta and its proud tradition of athletic excellence.



RDC ATHLETICS MAKE NOISE IN THE COMMUNITY

Submitted by Carolyn Neufeld, RDC Program Assistant, Edited by Bob Day, ACAC Executive Director

Longtime Athletic director Allan Ferchuk and the Athletics Department at Red Deer College welcomes several new staff members this year: Terence Robertson, Athletic Therapist, PJ Swales, Marketing & Events Coordinator and Carolyn Neufeld, Part Time Program Assistant.

These individuals will join current dedicated RDC athletics staff to continue to offer our noteworthy community programs to residents of Red Deer and central Alberta. The hoops program has been in operation since 1997 and offers divisions for grades 1-9 totaling 240 registrants per semester. This basketball program allows RDC practicum students to be trained to teach kids and work with them. The program employs 4-6 students and utilizes 20-40 additional volunteer students per semester. Surplus revenue from the program goes into a scholarship fund for college BB players

The Tom Bast Senior High & Junior High/Middle School Volleyball Tournaments are held annually every September. Approximately 20 women's teams, 16 men's teams (540 high school students plus family) normally register for each tournament. Up to 35 RDC students are involved in the planning and running of each tournament.

Red Deer College Athletics is particularly proud of CASDA, the Central Alberta Sport Development Alliance. CASDA is a non-profit association formed in 2000, is managed by a Board of Directors and provides support to ten association memberships (600-700 athletes). RDC student-athletes and KNSS students have access to practica, training and education opportunities through CASDA. The organization staged its first annual Breakfast of Champions on Sept.16, 2003 featuring guest speaker Catriona LeMay Doan. Guest speaker at this fall's Breakfast of Champions is Daniel Igali. Daniel will also hold some workshops for local wrestling athletes. Of particular note are the CASDA Coaching Development Scholarship: new annual scholarships of \$500 out of which were awarded in 2004.

Of equal importance is the Athlete Scholarship Program which in its first year granted 22 scholarships to developing athletes from a broad spectrum of sports. Recipients benefited from a number of sessions including profiling, strength and conditioning, and sport psychology sessions designed to meet each athlete's specific training needs.

Within the Department, Red Deer College is working to develop a proposal for the construction of a new Regional Sport and Wellness Centre. The proposed facility would serve as a centre for education and learning, athlete development and competition, sport leadership, coaching development and high performance fitness testing and training. This initiative is in concert with many of the Alberta Sport Plan recommendations for improving the development and delivery of sport in Alberta.

Components of this facility will include: a gymnasium (3-court hardwood floor) with seating capacity of 2000, running track, fitness centre, Olympic-size ice arena with seating capacity of 1200 - 1500, squash courts plus instructional, support and service areas. A 50 meter pool/aquatic facility has also been proposed. Currently, the project is in the conceptual phase of development with a steering committee of Red Deer College representatives and community sport leaders working to build the business case and receive support and funding. Timelines for the project are also being determined.

Among specific team highlights for the 2004-2005 season, the Queens basketball squad will travel to Hawaii, December 14-22 to play against local club/community college teams. Coach Sharon Hamilton expects the tour to be a once-in-a-lifetime opportunity for many of the players as they gain experience playing against strong American competition and experience a different sport culture. Queens Hockey is once again participating in a Charity Game against "The Mighty Doc's" in support of the Festival of Trees (RDRH annual fund raising event) November 8. In volleyball, the Queens will be traveling to Japan December 14-24.





LAKELAND COLLEGE ATHLETICS

Submitted by Ingo Hentschel, LC Athletic Director



The 2004-05 season is shaping up to be a very interesting one for Lakeland College. The curling team is expected to be a real contender again after a rebuilding year in 2003-04, and the volleyball and basketball coaches have been very active recruiting student-athletes. If early practices are any indication the talent level on all the Rustlers teams has improved significantly over last season.

Women's volleyball had a coaching change and lost most of last year's players to graduation. Coach Val Tangen has only three players returning but the recruits are fitting in very well. The Rustlers have good power, but they will miss the three years of experience setter Heather Stewart brought to the court. Middles Sherri Cartwright and Chandra McGuire should have good seasons once they adapt to the speed of ACAC play. Rustlers alumnus Brent Teasdale has come aboard as assistant coach and retired men's coach Alan Rogan has also been putting in cameo appearances. Rogan's major contribution will be in helping the first year setters develop their skills. Look for the Rustlers to steadily improve to the point where they should be challenging for a playoff spot by the end of the season.

Women's basketball has also had a coaching change following their first year in the league, but the team shouldn't miss a beat with men's assistant Kevin Huber stepping in as the new women's coach. Kevin did some solid recruiting, fielding a team with more inside strength than last year. University of Saskatchewan transfer student Catherine Keys will be a key player for the Rustlers as she brings tremendous intensity to the practices. Guard Megan Ragush is back to provide a legitimate outside threat after breaking the ACAC record for 3 point shots made in a single season in her rookie year. The Rustlers may not yet be on quite the same level as the top echelon ACAC teams but with improved inside play and some strong outside shooting they will be a force to be reckoned with.

Men's volleyball may be the most improved team at Lakeland College this year. Second year coach Clint McCullough put a great deal of effort into recruiting athletes and he has several outstanding prospects. The Rustlers are demonstrating considerable improvement in talent and in overall competitive team attitude. They are in a tough league, but look for the Rustlers to challenge some of the more established powerhouses in the ACAC. Key first year players include setter Brian Yusdepski, left side Patrick Thompson and middle Nathan Robinson. Libero Dirk Treptow, last year's ACAC north digs leader, is visibly enjoying the new atmosphere. Look for Dirk to pull off some amazing saves this year as he feeds off the rookies' positive attitudes. These guys are for real . . . the Rustlers will have an enjoyable season as they rattle the big dogs' cages!

Men's basketball had an outstanding inaugural ACAC season in 2003-4. The squad secured a play-off spot in their first year, building up quite a following of fans in the process. The Rustlers lost All-Conference guard Joel Allen to the University of Alberta, but a solid core of last year's rookies is returning as veterans. Look for ACAC north All-Conference guard Jeff Lander and team captain Jordan Cossette to lead the way. 6'11" Scott McKinney from Brandon and North Battleford's Gilbert Madsen have shown they can play in the paint. Point guard Mike Page from California via Brandon University should also be a key player, bringing excellent playmaking and outside shooting. The Rustlers exciting, high speed style of play will be very entertaining and effective. Coach Phil Allen and the team have their work cut out for them, but the Rustlers will be in the thick of it from the opening tip-off.

Here's looking forward to an excellent, entertaining athletic season at Lakeland College. We may not win every competition, but, with the kind of character players we have recruited, you can bet your bottom dollar every one of our teams will be fighting to the last whistle every time they play! The Rustlers are going to rock in 2004-05! Pick up your season's passes and come along for the ride!



COUGAR ATHLETICS CELEBRATES DONOR WALL

Submitted by Kerith Waddington, MRC Office Manager

Few individuals have given as much to Cougar Athletics over the past three decades as Dr. Don Stouffer, which is why his name will grace the donor recognition wall being celebrated December 4th at Mount Royal College.

Dr. Stouffer – former College dean, hockey coach and long-time golf coach – has left his mark on countless lives during his time with Cougar Athletics. Besides supporting the development of terrific athletes and terrific students for numerous years, he led by example in such a way that his colleagues often re-examined and ultimately re-defined their own meaning of success.

Perhaps his most telling legacy, however, is the foundation he helped establish for the professional and financial success of collegiate sport in Canada and Cougar Athletics in particular.

Dr. Stouffer was part of a group of administrators from across the country who in 1974 founded the Canadian Colleges Athletics Association (CCAA). Today, the CCAA is the largest intercollegiate sport organization in Canada with over 100 member institutions from five regional athletic conferences that stretch coast to coast. The CCAA provides leadership, programs and services that foster student-athlete development through intercollegiate sport.

Dr. Stouffer's accomplishments do not end there. During his time at Mount Royal, he and former Athletics Manager Al Bohonus started the Cougar Booster Club and ultimately the Cougar Endowment Fund. Currently standing at over \$1 million today, the Fund ensures that athletes and teams are financially supported well into the future.

Such remarkable achievements in large part explain the success and sustainability of the Cougar Athletics program today.

Associate Dean of the Faculty of Health and Community Studies Chad London has this to say about his former colleague:

“Don was the ‘Don’ on Cougar Athletics. He had a conception of what it should be and he went about building the program into exactly what it is ... the best college athletics program in the country. He went about his business with a level of fairness and integrity that should be emulated as the model for athletic and educational administrators alike. While I only worked with Don directly for one year, as an assistant coach for the Cougar golf program, he became a mentor for me. His temperament and the way he carried himself with dignity struck me as the kind of behaviour I would emulate in my own coaching and administration positions.”

Brian Fleming, Director of Campus Life, echoes London's sentiment:

“Don has always believed that participation in sport has inherent qualities that have a lasting impact on young people. Driven by that belief, he championed the cause for a strong Cougar athletics program for over thirty years and built a sustainable future for the program.”

Sustainability is the driving force behind the Dr. Don Stouffer Donor Recognition Wall. Donors who contribute \$250 or more to athletic scholarship programs will have their name on the Wall and alumni who donate will receive special recognition on their plaque. As an added feature of interest, the history of Cougar Athletics will be celebrated through the use of pictures incorporated into the design.

Dr. Stouffer was delighted when he heard about the plan for the Wall.



“I have great memories from my time at Mount Royal, and feel very honoured and very humbled by this recognition,” he says. “It's a great thing.”

Dr. Stouffer and his many accomplishments will be celebrated during a special ceremony preceding the men's game on the evening of December 4th. Dr. Stouffer will himself be present to enjoy the festivities of the 3rd Annual Cougar Alumni Night and to take in some great basketball action as the Cougars go head to head with rivals the Lethbridge Kodiaks. All past and present members of the Mount Royal College community are invited to share in the celebration!



Dr. Don Stouffer



GPRC WOLVES RELOAD FOR ANOTHER COMPETITIVE SEASON

Submitted by Francois Fournier, GPRC Athletic Director

Wolves Athletics is very excited about the 2004-05 ACAC season for a number of reasons. The Wolves are playing their first ever ACAC soccer games, have added some new coaches to our outstanding staff and have a renewed enthusiasm for Wolves excellence!

The Wolves soccer program has been a dream of women’s coach Robin Watson for over 10 years and it is now a reality. The last two years Coach Watson along with Steve Davies, Chris Spaidal, and Daniel Crossey, has been working diligently on developing the players and system needed to compete in the ACAC. The results for both teams are proving the effort was productive.

The community and region have embraced this new program and with their continued support Wolves soccer will become a force within the ACAC program. We all very grateful for the assistance we have received from Grande Prairie Soccer Association, Grande Prairie Minor Soccer Association, the North West Peace Soccer Association and the Alberta Soccer Association as they have played integral roles in getting us to this point.

It is a pleasure to welcome some new faces to the Wolves coaching staff. The new coaches bring much technical and coaching know how to their programs as they “Strive for Excellence”. The new coaches are Gurkanwal (Kamal) Bains for Men’s Soccer, Loren Jacula for Men’s Volleyball, Derrick Frechette for Badminton and Mandi Smith for Swimming. Coach Smith will have the benefit of Kris Rakestraw who continues as the Head Coach for the GP Piranhas Swim Club, our partner in Wolves Swimming.

Coach Bains has had the biggest challenge as not only is he taking on a new team but he is taking on a new city, a new province, a new country, and a new soccer culture. He does bring, though, a wealth of playing and coaching experience from his days with India’s state and national programs.

Our other new coaches are no strangers to ACAC play as they have been involved as players and/or coaches. The prognosis for our programs continues to be strong and positive because of these new additions.

This year we re-introduced our 3 Pillars of Wolves Success – Academics, Athletics, Personal Growth. It is our belief that developing all three areas will result in good, human persons who achieve or surpass their potential. In this achievement our program, our College and our communities are enhanced.

The Wolves are excited! Let the games and the Howling Begin!



ACAC HOST HOTELS ENTER FINAL YEAR OF CONTRACT

Submitted by Bob Day, ACAC Executive Director

In every Alberta community where one or more of our colleges is located, the Conference reaches an agreement with a hotel property to serve as the ACAC host hotel. Hotels offer college teams and personnel outstanding accommodation rates and offer our student athletes discount pricing on meals in hotel-run restaurants. The 2004-5 season marks the second year of a two year contract with these properties. In early 2005, new agreements will be sought through an open tender process.

During the 2004-5 season, the Conference is pleased to recognize the following properties as ACAC host hotels:

Calgary:	Best Western Village Park Inn	Lethbridge:	The Lethbridge Lodge
Camrose:	Norsemen Inn	Lloydminster:	Tropical Inn
Caronport:	The Pilgrim Inn	Medicine Hat:	Best Western Inn
Edmonton:	The Sutton Place Hotel	Red Deer:	Red Deer Lodge
Fort MacMurray:	Quality Hotel and Conference Centre	Three Hills:	Super 8 Motel
Grande Prairie:	Quality Hotel and Conference Centre		
Lac La Biche:	Almac Motor Inn		

On behalf of our members and our participants, today’s student athletes and tomorrow’s corporate travelers, thank you for your contributions to Alberta inter-collegiate sport!



THE ACAC & THE ASRPWF: A WINNING COMBINATION!

Submitted by Bob Day, ACAC Executive Director

A quick glance at the Conference's newly restyled and expanded web site, Conf-Link, will show, in the top left corner, a prominent highlight which changes every three seconds. Here we recognize "Our Valued Sponsors". One logo is highlighted more frequently, and for good reason. That logo belongs to the Alberta, Sport, Recreation, Parks and Wildlife Foundation (ASRPWF). The Foundation is much more than a valued ACAC sponsor. The ASRPWF is the primary partner of the ACAC and provides substantive funding for the operations of the Conference. Without the tremendous financial and leadership support provided by the Foundation, ACAC athletes would not enjoy the many opportunities they do today. Sport in Alberta would be the poorer for it.

Each season, the ASRPWF provides financial support to the ACAC towards the staging of the many Canadian Colleges Athletic Association (CCAA) national championships hosted by the Conference. This year alone, the Foundation will provide the Conference with \$12,000 in extraordinary support for staging the CCAA Cross Country Running Championships in November and the CCAA Women's and Men's Basketball Championships next spring. Together, we anxiously anticipate the announcement of the new Alberta Sport Plan and together we intend to work toward implementing this framework for the development of sport in the province now and in the future.

VALUED ACAC SPONSORS ON BOARD FOR THE 2004-05 SEASON

Submitted by Bob Day, Executive Director

The start of the 2004-5 season marks the involvement of Sherwood Hockey as the newest partner in an ever growing list of ACAC sponsors. Sherwood and the Conference have reached a four year agreement, similar to that used in the Alberta Junior Hockey League (AJHL), which will see ACAC hockey players, both women and men, use Sherwood gloves, pants and sticks over the duration of the partnership, subject to a reasonable introduction phase as colleges gradually replace gloves and pants purchased earlier. Sherwood will also recognize the ACAC women's and men's hockey MVP's with \$500 scholarships. As noted with the recent announcement of the four year arrangement between the American Hockey League (AHL) and another major company, such partnerships are becoming more common. ACAC basketball enquired into a Conference-wide shoe agreement several years ago but to date, the Sherwood partnership is the first such exclusivity arrangement entered into by the Conference.

The Conference is excited to have Subway on board again for another season as the sponsor of the ACAC Athlete of the Week program. Each week the Conference selects the most outstanding female and male performers from the previous week's competition. Winners receive a 6' sub courtesy of Subway and may if they wish, share this with their teammates who helped them achieve the awards. At the end of the season, Subway will recognize the ACAC Players of the Year with \$500 scholarships. In addition, Subway provides each ACAC member institution with \$1,000 to be used to benefit their respective athletic programs. The Conference is thankful that Subway makes such a significant contribution to the development and promotion of inter-collegiate sport in Alberta. Our student athletes love Subway product and the ACAC and Subway are a natural fit and a winning combination!

For a second consecutive year, Adidas Canada has come on board as the title sponsor of our Women's and Men's Soccer Championships, being held at the sites of the first place finishers Oct. 30-31. With this sponsorship, Adidas has offered the Conference \$4,000 in product which has been used this season, at the request of the Conference's soccer coaches, to provide Player of the Game Awards throughout the season. The Conference is pleased to recognize Adidas Canada and looks forward to many more seasons when the Adidas name will headline our provincial soccer championships!

Elite Sportswear has again entered into a partnership with the ACAC. Again this season, Elite will provide up to \$2,500 in product at fourth level pricing to the Conference. Elite, which prides itself in providing outstanding service, has recently expanded operations in Calgary and Red Deer and is pleased to offer its ACAC clients a wide range of uniforms, clothing, awards and promotional materials.

Calgary's Kicks, The Soccer Store has renewed its support of the ACAC for the Kicks' Player of the Game Awards at this year's ACAC Women's and Men's Soccer Championships. Kicks, which has supported the Conference for many years, is undergoing expansion in Calgary and is opening a new store on the south side. The Conference is thankful for ongoing partnerships such as this which have proven over the years to be appreciated so much by our student athletes.

Finally, Konica Minolta Business Solutions (Canada) Ltd. continues to support the Conference office operations with the loan of fax and photocopier equipment.

The Alberta Colleges Athletic Conference continues to be excited to welcome our valued sponsors, through our partnerships, into the business of being leaders in the development of sport in Alberta! Our student athletes, upon graduation, become the leaders of sport throughout the province and the contributions of our many sponsors make their experience a more rewarding one. Thank you! We look forward to many more years together with these and other partners!



alberta colleges
athletic conference

"Combining Athletic & Academic Achievement"

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For complete information check out our web site:

www.acac.ab.ca