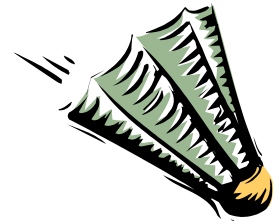


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## ACAC 2009-10 Badminton Coach of the Year

In his fifth year with the Mount Royal University (MRU) Cougars, badminton head coach Hayden Kowel has helped lead his team into ACAC medal contention once again. After a third place finish at last year's ACAC championships, the focus on the upcoming badminton season was to once again simple – win.

The team has fared well this season, having captured medals in all five major competitions including: men's singles, men's doubles, women's singles, women's doubles and mixed doubles.

Led by returnees Laura Fong and Benson Chang, the badminton team has shown outstanding depth, after having a record 22 student-athletes attend tryouts in the first semester.

Originally a student-athlete at Mount Royal from 1991- 1996, Hayden competed twice in the Canadian Colleges Athletic Association (CCAA) nationals and has since spent the past 16 years coaching, spending the last five of those years coaching at MRU. Last season the Cougars sent both men's and women's doubles to the Canadian Colleges Athletic Association (CCAA) national championships in Ontario, with both teams narrowly missing out on bronze medal positions. This year, the team will be once again sending four student-athletes to the national championship in Edmonton, looking to better those results.

An NCCP Level 3 certified coach, Hayden's message to his team has always been "Controlling outcomes is impossible," so Hayden prefers to focus more on the performance and steps in getting there, rather than just the result. It's that piece of advice that has helped led the Cougars to become better student-athletes and better students on the court and in the classroom.

In the off-season, Hayden enjoys being a liaison for the Alberta Games and also enjoys his work for the City of Calgary in sport and recreation.



**Congratulations Hayden  
on your award!**