




**For Immediate Release:**  
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## ACAC 2009-10 CURLING COACHES OF THE YEAR

The Alberta Colleges Athletic Conference is pleased to announce that Caryl Sallows and Raelynn Shaughnessy of Grande Prairie Regional College have been selected by their ACAC coaching peers as the 2009-10 ACAC Curling Coaches of the Year.

**Caryl Sallows** has coached the GPRC Wolves Curling Team for 5 years. Caryl enjoys coaching all the athletes and loves the game of Curling herself. Caryl has coached been involved in coaching for 15 years. Caryl curled for the Wolves Ladies curling team in 1993-1994 and 1994-1995 winning the Gold medal both years. Caryl enjoys giving back to the program and see it continue to succeed through the years.

Caryl, along with her Assistant Coaches, have been responsible for the resurgence in interest, participation, and excellence in the GPRC Wolves Curling Program. Since she began coaching the Wolves, the coaches have continued to improve the individual play of the curlers while enhancing the performance of each team. Each year the program has improved culminating with a Gold and Bronze medal in this year's Championship and placing three curlers on the ACAC All Conference Team.

Both coaches are very dedicated to the sport of Curling and to the improvement of the players. They work quietly and tirelessly with the players to ensure their academic and athletic goals are achieved. GPRC Wolves Curling is in very good hands.



**Raelynn Shaughnessy** attended GPRC from 2002 to 2006 and took her Bachelor of Science in Nursing. While at GPRC she played on the Wolves curling team for 3 curling seasons. This is her 2<sup>nd</sup> year as a coach for the GPRC Wolves curling teams and she is now enjoying the game from the other side of the glass. This is also her 2<sup>nd</sup> year as a nursing instructor at GPRC. Raelynn notes that it is a pleasure to work with such a talented, energetic and passionate group of GPRC curling student's who love the game and most importantly have fun. The commitment their players have shown both to athletics and academics' has made her proud both as a coach and an academic instructor. Raelynn is so proud of all of our teams and their success this season. Our teams have a lot of younger players who have many great years left to achieve even more for GPRC curling and she looks forward to being a part of this success in upcoming season's.



**Congratulations Caryl and Raelynn on your ACAC Coach of the Year Awards and on being such an inspiration to a generation of curlers!**

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