



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SEPTEMBER 2015 NEWSLETTER

SHSAA EXECUTIVE 2015 - 2016

PRESIDENT:

Val Gordon, Eastend

EXECUTIVE COUNCIL:

Roger Morgan, Kincaid

Jeff Kitts, Moose Jaw

Kevin Kitchen, Kamsack

Barry Croshaw, Watrous

Syd Laskowski, Osler

Trevor Mirtle, Saskatoon

Lance Ford, Regina

Kendra Paramchuk, Meadow Lake

Scott Cory, Hanley

Kevin Waugh, Saskatoon

Kyle McIntyre, Chinook SD

EXECUTIVE DIRECTOR:

Lyle McKellar

ASSISTANT

EXECUTIVE DIRECTOR:

Dave Sandomirsky

EXECUTIVE ASSISTANT:

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SHSAA MISSION STATEMENT

"To promote the positive development of the individual by providing competitive interscholastic athletic activities consistent with the goals of education."

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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



Executive Director's Report

A summer of change has come and gone in the SHSAA office and a new year of school sport in Saskatchewan is upon us. Welcome back to everyone that has been involved with school sport in the past and for those of you that are just beginning your venture into this rewarding experience - welcome to the team.

A number of changes have occurred with the SHSAA office staff including Lyle McKellar assuming the role of Executive Director and Dave Sandomirsky being hired as the new Assistant Executive Director. Jessica Blair continues as an Executive Assistant on a part time basis. Jessica will be in the office each Monday and Tuesday. Michelle Horncastle has been hired to fill the maternity leave of Stefanie Lewis. Michelle will be in the office full time until the end of February. A reminder that our office hours are 8:00am - 4:30pm, Monday - Friday. Our team is very excited about the opportunity to serve the SHSAA and the dedicated group of people (teachers, coaches, officials, parents, and volunteers) that make school sport in Saskatchewan a reality. Together we will provide the best experience possible to the student athletes of our province.

The changes in the office were brought about when Kevin Vollet retired from his role as the SHSAA Executive Director on June 30th. Kevin was involved with the SHSAA for many years beginning with his election to the Executive Council in 1998. He was hired as the Assistant Executive Director in 2003 and after five years assumed the Executive Director position where he has presided over the operation of the SHSAA for the past seven years. It was stated many times in the past year and needs to be repeated again - thank you Kevin for your dedication and service to the SHSAA. Kevin's passion for school sport, his belief in the philosophy of the SHSAA, and his leadership have made the SHSAA a better organization. Kevin's influence and significant contributions to the SHSAA remain as a wonderful legacy to the SHSAA.

The Executive Council underwent a few changes at the 2015 AGM that was hosted in North Battleford. Val Gordon from Eastend was elected as the new president of the SHSAA. Roger Morgan remains for a fifth year on the Executive serving as Past President after four productive years as Association president. Also new to the Executive is Trevor Mirtle (Saskatoon Representative) and Kevin Waugh (Saskatchewan School Boards Association Representative). Returnees include: Jeff Kitts (Section 1 Representative), Kevin Kitchen (Section 2 Representative), Barry Croshaw (Section 3 Representative), Syd Laskowski (Section 4 Representative), Lance Ford (Regina Representative), Scott Cory (Officials' Representative), Kendra Paramchuk (Women's Representative), and Kyle McIntyre (L.E.A.D.S Representative).

A huge thank you goes out to Barclay Patterson and Bob Simpson for the years they provided to the Executive Council. Barclay served as the Saskatoon Representative for four years and played important roles in the Basketball Sport Advisory Group and the organization of the annual Coaches Symposium. Bob represented the Saskatchewan School Boards Association for the past couple of years. Bob is a past Service Award and Merit Award winner who had previously served on the Executive Council during his teaching career. His experience was a valuable asset to the Executive Council as they deliberated over many decisions the last few years.

As I mentioned before, it is with great excitement that your office staff and Executive Council look forward to this year. The SHSAA and the excellent work that is done year after year by the tireless volunteers who provide opportunity for education to occur through extra-curricular programming in the schools of our province will continue to be promoted. The focus has always been for our activities to be a celebration of high school sport and an educational opportunity for the participants; this focus will continue as the student athletes of our province develop countless skills that will serve them well in their future whether that is post-secondary education or the work force.

AGM Recap

The 2015 SHSAA AGM was successfully hosted by the Battle West District in North Battleford. Chairperson Kelly Schneider and his entire hosting delegation provided an entertaining and well organized event. Thank you to Living Sky School Division and Light of Christ Catholic School Division for their support and participation in the event. The AGM once again allowed the Provincial Council to review the previous year of high school sport, plan for the upcoming year, and debate resolutions that will guide the future direction of the Association.



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A summary of the changes approved at the AGM are listed below (a complete review of the resolution package can be accessed at <http://www.shsaa.ca/page/show/1010523-resolution-results>):

- The SHSAA will strike a sub-committee to draft a Transgender Policy which will be presented at the 2016 AGM
- Classifications
 - Volleyball classification will now be determined by the grade 10 - 12 enrolment submitted by each school as of September 30 of the current year
 - Soccer classifications have been changed; 2A is now for enrolments of 1 - 250 while 3A changes to enrolments greater than 250
- The bylaw pertaining to use of alcohol and drugs (including tobacco) now includes a reference to coaches at student centered activities
- Increases in rates paid to officials in basketball and football were approved
- The policy for interschool sport now includes a definition of "open gym" as it pertains to seasons of play
- The start date for curling was moved to November 2, 2015
- Track & Field
 - Midget girls will now use a 3kg shot put
 - The Quadathlon will now include a Junior and Senior section
 - each district will be able to send a maximum of three quadathlon entries per gender (not more than two per age category)
- Basketball
 - The 5A draw for HOOPLA has been changed to a pre-determined bracket (two year rotation) including three teams from Saskatoon, three teams from Regina, and two teams from the 5A teams located outside of Regina and Saskatoon
 - The shot clock will be reset to 24 seconds following an offensive rebound
- Wrestling
 - The upper weight classes in boys wrestling have been adjusted to reduce the gap between classes
 - Regional team championships will now include a 2A and 4A classification
- Curling
 - Practice time will be available prior to each regional and provincial curling game
 - Time outs will now be 90 seconds
- Volleyball
 - The libero can now be used as an exceptional substitution for rosters of seven or fewer players
- Cross Country
 - The start times for events at provincial cross country have been moved to one hour earlier
- Golf
 - Sand golf will be removed from the SHSAA championship calendar effective 2016 - 2017

Open Bids

At each AGM, championship hosts in the upcoming year and following year are determined by district rotation and open bids. The following championships listed below are OPEN and up for bid:

2015 - 2016 Bids due by September 11, 2015
2A Girls Soccer

2016 - 2017 Bids due by November 27, 2015
Cross Country
Girls Curling
Mixed Curling

A number of districts were unable to name their championship host sites for the activities that are assigned by district rotation. Districts will be asked to declare a host by the Presidents' meeting in December, after which time all championships in 2016 - 2017 without a host site will be declared OPEN. A list of these OPEN championships and the deadline for bids to host will be published in the January newsletter.



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Awards

The AGM was also a time to recognize individuals for their contributions to high school sport and the SHSAA. The Merit Award was bestowed upon three very deserving individuals:

Garth Anderson, Horizon Central
Kathy Maki, Central Valley
Greg Hatch, North West

The following individuals were recognized with an SHSAA Service Award from their district:

| | | | |
|-------------------------|-----------------|----------------------------|--------------------|
| Bye Braun | Battle West | Bob Wilyman | Qu' Appelle Valley |
| Terry Chalifour | Central Valley | Rob Nelson | Regina |
| Brad Cameron | East Central | Dave Elder | Saskatoon |
| Tom Schwinghamer | Horizon Central | Sandi Hutchinson | South Central |
| Terry Springett | North Central | Dave Sandomirsky | South East |
| Rick Anderson | North East | Cindy Glenn-Schultz | South West |
| Linda Harman | North West | Darryl Elaschuk | West Central |

Districts are also asked to name recipients of the SHSAA Outstanding Coach & Official Awards. These individuals are recognized at the Presidents' Luncheon and then at a later time by each district during a district or school function. Congratulations to the following individuals:

2015 SHSAA Outstanding Coach & Official Awards

| DISTRICT | MALE COACH | | FEMALE COACH | | OFFICIAL | |
|------------------------|------------------------|---------------|--------------------------|------------|--------------------------|-------------|
| <i>Battle West</i> | Troy Snider | Kerrobert | Sheri Fulton | Wilkie | Brad Nemish | Spiritwood |
| <i>Central Valley</i> | Brad Wall | Osler VCA | Betty Bird | Warman | Larry Epp | Rosthern |
| <i>East Central</i> | Jason Payne | Yorkton | | | Brad Sweeney | Yorkton |
| <i>Horizon Central</i> | Curtis Strueby | Lake Lenore | Tessa Jordan | Wynyard | Cameron Choquette | Kelvington |
| <i>North Central</i> | Grant Person | Canwood | Jenna O'Connor | La Ronge | Scott Tomporowski | La Ronge |
| <i>North East</i> | Mitchell Taylor | Melfort | Carmen Mackie | Hudson Bay | Kelly Simpson | Melfort |
| <i>North West</i> | Darren Nordell | Edam | Jody Freyman | Loon Lake | Kaitlin Harman | Meadow Lake |
| <i>Qu' Appelle</i> | Dwight Fuhro | Balgonie | Nicole Squires | Lumsden | Randy Clark | Wolseley |
| <i>Regina</i> | Rob Koroluk | FW Johnson | Krista Price | Martin | Terry Mountjoy | Regina |
| <i>Saskatoon</i> | Leo Grosjean | Walter Murray | Rayanne Taylor | Bethlehem | Kyle Williams | Saskatoon |
| <i>South Central</i> | Derrick Huschi | MJ Peacock | Karla Silbernagel | Mankota | Rocky Nickel | Moose Jaw |
| <i>South East</i> | Dean Zacharias | Carlyle | Barb Swallow | Maryfield | Andrea Kerr | Fillmore |
| <i>South West</i> | Chad Striker | Ponteix | Shelley Morvik | Eastend | Jeff Jago | Wymark |
| <i>West Central</i> | Gary Paproski | Rosetown | Bev Ptolemy | Beechy | Will Johnson | Biggar |

Coach Education Reminders and Requirements

Over the past couple of years, the SHSAA has implemented a number of initiatives in the area of coach education for those involved with the student athletes of our province. In addition to the initiatives listed below there are a number of Coach Education resources available through SchoolCoach.ca (<https://www.schoolcoach.ca>) and the NFHS Learning Center (<http://nfhslearn.com/>). The SHSAA initiatives are listed below with references as to how to access the information:

Respect in Sport

On behalf of Sask Sport, the SHSAA continues to request that every coach (head coach, associate coach, or assistant coach) involved with a school team complete the Respect in Sport for Coaches on-line training program. Upon completion of the three hour course each individual will be provided with a certificate number which schools are asked to enter into the coach information section of each team registration. Once the training has been completed, it does not have to be repeated in future years. When registering for the course please select Saskatchewan High Schools Athletic Association as one of the sponsor groups along with any other sport groups you may be wishing to register with. There is no cost to the individual or school when registering and completing the course.

For more information and access to the on-line course, please visit:

<http://www.shsaa.ca/page/show/1031438-respect-in-sport>



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Concussion Protocol

Each school team is expected to have at least one coach that has completed the twenty minute on-line concussion course available through schoolcoach.ca. There is no cost to register and complete the course. At the end of the course each individual is provided with a printable certificate. The SHSAA is asking school administrators / athletic directors to keep a copy of the certificate on file at the school as a means of record keeping.

For more information and access to the on-line course, please visit:

<http://www.shsaa.ca/page/show/965463-shsaa-concussion-protocol-and-educational-materials>

Fundamentals of Coaching

Continuing this year is the requirement that first-time registered non-faculty coaches must complete the on-line course Fundamentals of Coaching. Fundamentals of Coaching, available at schoolcoach.ca, is designed to acquaint the non-faculty coach with the philosophy, aims, and goals of school sport. There is a cost associated with registering and completing the course.

For more information and access to the on-line course, please visit:

<http://www.shsaa.ca/page/show/968458-shsaa-coach-education-and-resources>

Website

Message Board

Coaches are encouraged to use the message board for their tournaments and scheduling as well as reporting results or general discussion. To post on the message board, you must first register to use the message board and await approval from the moderator of the message board.

The message board is available by using Quick Links on the SHSAA homepage (www.shsaa.ca) or at <http://ext.shsaa.ca/members/index.php>

Sanctioned Tournaments

If your school is travelling out of province for competition or will be having an out of province team involved in a competition that you are hosting, you should check the Sanctioned Tournaments listed on the SHSAA website (<http://ext.shsaa.ca/exnet/tournaments.php>). Schools should not attend tournaments that have not been sanctioned by the SHSAA. As a host, it is your responsibility to begin the sanction process by submitting form E-4 to the SHSAA office. As a visiting team, it is your responsibility to check the list of sanctioned tournaments and make appropriate inquiries if the tournament you are scheduled to attend is not listed.

Tournaments involving only Saskatchewan high schools do not have to request sanction from the SHSAA and will not be listed.

School Logos

The SHSAA is trying to compile a depository of school logos. The process began last year with the development of the school logo page on the SHSAA website. Please check the following page to see if your school logo appears. Please submit your logo or updated logo to shsaa@shsaa.ca.

<http://www.shsaa.ca/page/show/1405446-school-logos>

Twitter and Facebook

A reminder that the SHSAA is on Facebook and Twitter. Check out our homepage (www.shsaa.ca) to link to these sources of information.



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Forms

All SHSAA forms and due dates are available in the SHSAA Handbook and on the website at <http://www.shsaa.ca/page/show/968456-forms-and-due-dates>. Most of the forms appear in both PDF and Word version.

ExNet

This area of the website is where school information is recorded in terms of school contact, student enrolment, team registration, and student registration. Each school principal has been provided a unique username and password to gain access to ExNet area. If your school has misplaced this information, please contact the SHSAA office for assistance.

School Information

The first item we ask all schools to attend to is ensuring that the school contact information is correct. Please update the School Info as needed and contact our office to let us know of the changes.

Team Registrations

1. Select the activities that will be offered at the school using School Team Registration Form (found under Registration tab) **DUE DATE - September 16**. When the selections have been saved the amount owing for the registrations will appear in a yellow box at the bottom of the School Team Registration Form. This will serve as the invoice for the school and all fees are to be submitted to the SHSAA office as soon as possible. After September 16, the option to save changes to the School Team Registration Form (additions/deletions) will not be available - please contact the SHSAA office to make changes after September 16.
2. Create eligibility forms for each of the teams. ***Eligibility forms must be created by the due date for each activity or prior to the first competition, whichever occurs first.*** To complete the eligibility form, choose Activity Eligibility Form (under the Registration tab) and complete the information requested including coach information, intent to participate in SHSAA playoffs, joint sponsorship (if applicable - only joint sponsorships approved by the SHSAA office can be created), and team roster.
3. The team roster is completed by selecting students from the database that exists for your school. If a student does not appear, they can be added using the options shown at the bottom of the eligibility form. If an attempt to enter a student is not accepted, please contact the SHSAA office as this would indicate an eligibility or transfer issue.

School Enrolments

School Enrolments are to be submitted into ExNet on September 30, 2015. The information to enter includes the total number of male and female students in each grade (9-12) and the number of ineligible male and female students in each grade (9-12). An ineligible student is a student that has exhausted their period of eligibility. If you need assistance when completing this information, please contact the SHSAA office. To enter the enrolment information, please use the School Enrolment Registration option (under the Registration tab). The ability to save the entered information will only be available to schools from September 30 - October 5. Any submissions after that date will need to be completed by contacting the SHSAA office and will be considered a late submission and subject to a late filing penalty.

Notices

District Meetings

Each District will be holding fall organizational meetings and it is imperative that each school have at least one representative at the meeting. The SHSAA office staff or an Executive member will be present at each meeting to distribute the SHSAA annual publications including handbooks, calendars, and yearbooks. Districts use the meetings for planning yearly activities that occur and to set the course for their District. Your attendance is crucial in order that communication from the province and district levels is relayed to the school and coach level.



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| DISTRICT | PRESIDENT | SCHOOL | PHONE | MEETING LOCATION | DATE | TIME |
|-----------------|-----------------|---------------|----------|-------------------------------|--------------|--------|
| Battle West | Brad Nemish | Spiritwood | 883-2282 | North Battleford JP II | August 31 | 3:30pm |
| Central Valley | Kelly Wandler | Allan | 257-3311 | Warman - PSSD Office | September 3 | 1:00pm |
| East Central | Dan Alspach | Melville | 728-4181 | Yorkton Regional | September 2 | 1:30pm |
| Horizon Central | Barry Croshaw | Watrous | 946-3309 | Humboldt Collegiate | August 26 | 2:30pm |
| North Central | Nathan Noble | Meath Park | 929-2133 | Prince Albert Inn | August 27 | 4:30pm |
| North East | Tim Johnstone | Melfort | 752-2891 | Tisdale - TMSS Hanover room | September 8 | 5:00pm |
| North West | Jay Elder | Lashburn | 285-3505 | Meadow Lake Carpenter | September 8 | 2:00pm |
| Qu' Appelle | Trevor Viergutz | Indian Head | 695-3929 | Wolseley Town Hall | September 9 | 5:30pm |
| Regina | Armand Jeannot | Winston Knoll | 523-3400 | Regina Public Board Office | September 24 | 1:00pm |
| Saskatoon | Scott Hundseth | Holy Cross | 659-7600 | City Park Collegiate | September 16 | 7:30am |
| South Central | Al Wandler | Assiniboia | 642-3319 | Gravelbourg - College Mathieu | September 2 | 2:30pm |
| South East | Ryan Nichols | Carnduff | 482-3491 | Moosomin Convention Centre | August 27 | 3:30pm |
| South West | Alisa Cooper | Cabri | 587-2229 | Gull Lake School | September 9 | 2:30pm |
| West Central | Jeff Sopczak | Rosetown | 882-2655 | Learning Center - SunWestSD | August 26 | 3:30pm |

School Sport Week

School Sport Week will be recognized from October 11 - 17, 2015. You can help to promote school sport in our province during that week:

- Plan to have activities that week to recognize individuals and groups that help make school sport possible at your school and in your community.
- Schedule school sport competitions that week
- Notify local media of the week's activities
- Promote the many benefits that school sport plays in the education of our students

Look for more information from the SHSAA as this week approaches. Everything wraps up with the Provincial Cross Country Championships that will be held in Saskatoon on October 17.

Sport Advisory Groups

This will be the third year for SHSAA Sport Advisory Groups. Each of the groups is chaired by a member of the Executive Council; most correspondence occurs electronically but some groups have made arrangements to meet in person once during the year. If you are interested in becoming a member of a Sport Advisory Group, please complete the registration form that is found on our website (<https://shsaa.sportngin.com/register/form/348760507>) - DUE DATE September 11.

Hotel Room Bookings

In addition to continuing our arrangements with Silver Birch Hotels (Saskatoon Radisson & Regina Double Tree Hotel) and Westmount Hospitality Group (Comfort Inns of Saskatoon, Regina, Swift Current, Prince Albert, Regina Quality Hotel, and PA Marlboro Inn), there have been a number of other hotel groups that have made arrangements with our Association. These include: D3H Properties (Home Inn & Suites, Regina Days Inn), Sandman Hotel Group (Saskatoon, Regina, and Winnipeg), Royal Hotel Group (Regina, Saskatoon, and Lloydminster), and Atlicic Hotels (Regina Wingate, Saskatoon Inn, Moose Jaw Temple Gardens).

Westmount Hospitality and Sandman Hotel Group are both included on the SHSAA Coaches Card.

When you are booking with any of these groups, please inform them that you are a member school of the SHSAA.

SIAAA / CIAAA

The development of the this professional organization (Saskatchewan Interscholastic Athletic Administrators Association) continues and plans are in place to offer a Leadership Training Institute in Saskatoon in April. Contact from this organization will continue through registered members and the athletic directors of each school.



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SHSAA Coaches Card (2015 - 2017)



ABOUT THE CARD

The purpose of the SHSAA Coaches Card is to show appreciation to those who volunteer their time for the students of Saskatchewan schools. The card is intended for personal or family use but some sponsors may extend their discounts to teams. The principal/athletic director will designate those eligible in the school but we suggest that the following be considered.

- * SCHOOL ATHLETIC COACHES
- * SCHOOL ADMINISTRATORS
- * DIRECTORS / SUPERINTENDENTS OF EDUCATION
- * RETIRED COACHES
- * OTHER TEACHERS ACTIVE IN THE INTERSCHOOL PROGRAM

CARD EXPIRY

The Coaches Card is valid for a period of TWO years. The 2013-2015 version (Blue Card) has expired, as of August 31, 2015 and will not be accepted by the card sponsors. The latest version (2015-2017) is now available from the SHSAA office. Fill out the attached application form or contact our office to place your order. Over 2000 volunteer teacher coaches and others involved in educational athletics held the last edition of the card.

COST

Cards are available at a cost of **\$10.00 each** and are valid for TWO years (September 1, 2015 - August 31, 2017). Check out the list of sponsors below.

SPONSORS

The following COACHES CARD SPONSORS have agreed to offer discounts and values to Coaches Card holders:

SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

FREE Admission to SHSAA Playoffs & Championships.

SHSAA BOUTIQUE - SPORT LOGO

10% discount on SHSAA Boutique merchandise for personal use. Discount only available from Sport Logo office staff directly.

SANDMAN HOTEL GROUP

Standard Room with 2 Double Beds (Quad Occupancy) \$119.00. Standard Room with 1 King/Queen Bed (Double Occupancy) \$119.00. Guest Room for Bus Drivers is complimentary. Complimentary Room provided for every 15 rooms booked. **Regina** (Sandman Hotel & Suites 1800 Victoria Avenue East). **Saskatoon** (Sandman Hotel 310 Circle Drive).

WESTERN PIZZA

10% discount on all orders excluding alcohol. Not valid with any other offers. Valid at all Regina & Emerald Park locations.

PIZZA HUT

15% discount on regular menu prices for personal & team purchases, excluding alcohol. Valid for Dine In, Pick Up or Delivery. Tax & delivery charge extra.

COMFORT INNS

SHSAA rates for 2015-2017; \$109.00 at **Saskatoon**; \$101.00 at **Prince Albert**; \$102.00 at **Swift Current**; \$99.00 at **Regina Quality** (Victoria Avenue); \$109.00 at **Regina Comfort** (Eastgate Drive.). To book reservations contact the hotels directly and ask for the "Saskatchewan High Schools Athletic Association Coaches Card" Preferred Rate.

CHILIS

15% discount on regular priced menu items excluding alcohol. Offer valid for personal & team use (dine in only) at Regina & Saskatoon locations.

MR. SUB

Purchase a 12" sub and receive a combo FREE, which is a small drink and chips or 2 cookies. Valid at Regina Locations, 4838 Dewdney/Royal Street and 440 McDonald/Park Street.



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COACHES CARD APPLICATION

(Please print all information)

Please forward a COACHES CARD for the following list of individuals:

| | |
|----------------------------------|----------------|
| SEND TO: (School Name / Address) | AUTHORIZED BY: |
|----------------------------------|----------------|

| | |
|------------|------------|
| Card #1 | Card #7 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

| | |
|------------|------------|
| Card #2 | Card #8 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

| | |
|------------|------------|
| Card #3 | Card #9 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

| | |
|------------|------------|
| Card #4 | Card #10 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

| | |
|------------|------------|
| Card #5 | Card #11 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

| | |
|------------|------------|
| Card #6 | Card #12 |
| Name: | Name: |
| Address: | Address: |
| Town/City: | Town/City: |

Please send _____ COACHES CARDS @ \$10 Each

Total = _____

Submit to

Email: jessica@shsaa.ca or

Fax: 306-721-2659 or

Mail: #1 - 575 Park Street, Regina SK, S4N 5B2



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



Why We Play – the Purpose of Education-based Athletics

By Juli Doshan on February 11, 2015 - High School Today

In today's high school setting, a coach is one of the most influential people in a student-athlete's life. Since coaches spend a lot of time with their students, they can often be more influential about certain decisions than even their parents. So what happens when a coach becomes so focused on winning games that he or she forgets there are other ways to win as well? Coaches should be aware of all the things they are teaching their students and find a good balance between coaching to win and coaching to enhance the lives of student-athletes.

That's what Jody Redman, Minnesota State High School League (MSHSL) associate director, stressed during a workshop entitled "Why We Play – the Purpose of Education-based Athletics," conducted in July at the NFHS Annual Summer Meeting in Boston. She reminded the audience that although it may be obvious why the students play sports, administrators and coaches need to remember why they are there as well.

"Athletics and activities are the reason why kids show up," Redman said. "It's the reason they do well on the ACTs and SATs and the reason they are in attendance. It's the glue that connects them to their school.

"That's what you do. You are the glue that connects kids to school, but we have to be intentional. We have to realize it's about purpose – it can't just be about physical skill development."

In order to be intentional, Redman said that administrators should first think about the idea of education-based athletics and what it means. Then, the focus should be on defining a purpose around that idea and developing a set of goals to be achieved outside of simply winning every game.

"I like to win, but it's not our purpose. Our purpose is education. It's human growth and development of the inner lives of kids," Redman said. "When they graduate from high school, 97 percent of kids have a terminal experience (with sports). They will never play organized sports to the level or degree that they play now, in high school, again. So what are we giving them if we are only centered on physical skill development and goals?"

Redman said the challenge to keep high school sports in perspective is even greater now because the sports culture has changed. High school is "book-ended" between youth and club sports on one end and college and professional athletics on the other end, all putting pressure on coaches and athletes to win at any cost.

"The culture has changed," Redman said. "We know that because we're in it. We know that kids are being asked to do things we never did. We know that parents are over-involved to the point where it becomes something extremely negative for the kids who are participating."

"When we look at college and professional sports, what happens when a college coach doesn't win? They get fired, right?"

With pressure coming from both sides, Redman said those at the high school level must dig deep and retain focus on their mission in order to remain education-based. She said they might even be surprised by what happens when they dig deep enough.

"One of the things we talk about when we get coaches or administrators into a room is (becoming a better person)," Redman said. "You can't start this journey and say 'I'm going to work on really clearly defining education-based athletics and activities' and not think that that journey is going to impact you as well. It will."

That's just what happened three years ago when the MSHSL began looking into the culture of sport and started with a book discussion of "InSideOut Coaching: How Sports Can Transform Lives" by Joe Ehrmann. Redman said they have taken that book discussion and turned it into curriculum that she teaches at coaches' conferences and as part of Minnesota's coaching education and continuing education required courses.

"That journey over those couple months in the summer was significant, not only for me professionally, but personally," Redman said. "You can't begin that journey without change happening."

Participants are asked to think about why they coach, why they coach the way they do, how it feels to be coached by them and how they define success. By the end of the session, participants should have defined their



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coaching goals and written a purpose statement that they can take back and refer to if they need a quick reminder.

"In three short years, we've had a tremendous amount of growth and support for being intentional and purposeful in education-based athletics," Redman said. "People are hungry. They're looking for solutions because the culture is broken."

Eighty high schools in Minnesota received "InSideOut Coaching" and conducted book discussions last summer. One of the biggest things coming out of the curriculum, Redman said, is a common language that can be spoken and understood among coaches and administrators.

"We have begun to talk about this common language with our ADs," Redman said. "Because now we've got new head coaches going to a class, learning about goals and purpose, going back to their building and there's nothing for them because nobody else is speaking the language."

Redman said that parents should be included in the common language as well, and that they might be the easiest group to convert to a new way of thinking.

"If I'm a coach and I get up in front of a group of parents and say 'This year, I'm going to change your sons or daughters and I'm going to help them to become men and women of empathy and integrity who will lead, be responsible and change the world for good,' there is not a parent that's going to argue with you."

"But you've got to be intentional about it. You can't just say it at the preseason parent meeting."

One of the easiest ways for a coach to be intentional, Redman said, is to write his or her own purpose statement, refer to it often and have an assistant coach or a team captain hold him or her to its standards.

"You get in the heat of the moment and you do lose sight," Redman said. "So we have to provide strategies that will help to not only say 'Philosophically, isn't this wonderful?' but we've also got to have concrete tangibles too that a coach can walk away with and say 'Oh yeah, I can do that.'"

Juli Doshan is the graphic arts technician/editorial assistant in the NFHS Publications and Communications Department.



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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2015 PROVINCIAL GOLF

1. ENTRIES: Please submit entries by email to event commissioner and SHSAA office on or before **Monday, September 21, 2015**. Provincial entry forms available from district presidents/commissioners. The qualifying scores submitted must be the scores that the qualifying golfers shot at their respective district competition.

- ❖ *If the district's top 3 male and top 3 female finishers, excluding ties, are not included on the girls and boys team (grass) or school team (sand) they may be entered in the provincial tournament as individuals.*
- ❖ *Please see the Golf activity page (<http://www.shsaa.ca/page/show/992561-golf>) on the SHSAA website for information and clarification regarding individual advancement to provincial championship.*

2. ELIGIBILITY: Eligibility forms (**Form E-5**) for golf are due on or before **Wednesday, September 16, 2015**.

3. COMPETITIONS: Details regarding starting time and other information will be sent to each district commissioner and posted on the SHSAA website. Please refer to the activities section of the SHSAA handbook for more details regarding the golf championships.

4. TEAMS

- **GRASS:** The boys' team may be made up of three members to a maximum of four. In the boys' team competition, the total of the three best scores recorded by the team on each hole will determine team scoring. The girls' team may be made up of two members to a maximum of four. In the girls' team competition, the total of the two best scores recorded by the team on each hole will determine team scoring.
- **SAND:** School teams must include both genders and may consist of four, five, or six members with a maximum of four members of either gender. The total of the four best scores recorded by the team on each hole will determine team scoring. At least one of the scores must be that of either gender.

5. PLAYOFFS:

- **Tie for 2nd place** – no playoff and all who are tied receive silver medals. The bronze medals will not be awarded.
- **Tie for 3rd place** – no playoff and all who are tied receive bronze medals.
- **Tie for 1st place** – a sudden death playoff will occur with the hole(s) to be played determined by the SHSAA and Host.
 - *Individual* – all of those who are tied will play together
 - *Team* – Teams will play separately with each team accompanied by an observer

PROVINCIAL GRASS GOLF

SITE: Deer Park Municipal Golf Course - Yorkton

DATES: September 25 - 26, 2015

COMMISSIONER: Garrett Karcha

Phone: (306) 783-3128

Email: garrett.karcha@cttcs.ca

ACCOMMODATIONS:

Home Inn and Suites (306) 782-7829

Days Inn (306) 782-3112

SCHEDULE:

Thursday: Practice times arranged through golf course at 1-877-786-1711.

Friday: Registration/Range - 8:00am; Coaches' meeting - 9:45am; Opening Ceremonies - 10:15am; Shotgun start - 11:00am

Saturday: Shotgun start - 9:00am

MISCELLANEOUS: Driving Range: \$4 (small bucket) and \$9 (large bucket). Food at Golf Course available for purchase starting at 7am.

PROVINCIAL SAND GOLF

SITE: Punnichy Golf Course (hosted by Raymore)

DATES: September 25 - 26, 2015

COMMISSIONER: Gene Unruh

Phone: (306) 746-2112

Email: gene.unruh@hzsd.ca

ACCOMMODATIONS:

24/7 Travel Centre Dafoe (306) 554-3500

Southshore Motor Lodge Wynyard (306) 554-2516

Arrowhead Motor Inn Wynyard (306) 554-2507

Stone House Lodge Wynyard (306) 554-4413

Regina Accommodation (<http://stayinregina.com/>)

SCHEDULE:

Thursday: Practice arranged with commissioner.

Friday: Registration starts @ 9:30am; Coaches' meeting - 10:15am; Opening Ceremonies - 10:30am; Shotgun start - 11:00am

Saturday: Shotgun start - 10:00am

MISCELLANEOUS: Canteen at Golf Course. Restaurants in nearby communities.



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2015 PROVINCIAL CROSS COUNTRY

PROVINCIAL SITE:

Lakewood Park
Saskatoon

DATE:

Saturday, October 17, 2015

COMMISSIONER:

Brian Thorstad
Saskatoon (SSSAD)

Phone: (306) 683-8249
Email: thorstadb@spsd.sk.ca

1. ENTRIES:

Senior – 16 and over as of August 31st, 2015

Junior – under 16 as of August 31st, 2015

Midget – under 15 as of August 31st, 2015

Entries are submitted electronically on the forms provided by the SHSAA Office to the District Presidents. Entries to the provincial meet must be sent to the **Provincial Commissioner** (Brian Thorstad – thorstadb@spsd.sk.ca) and the **SHSAA office** (d.sandomirsky@shsaa.ca) on or before **October 13, 2015**.

Please Note:

a) Substitutions for original entries are accepted until 4:00pm October 14, 2015 and must be sent to the SHSAA Office and Provincial Commissioner. A scratch meeting will be held one hour prior to the start of the first race on Saturday, for scratches ONLY.

b) The meet director may allow substitutions at the competition, ON MEDICAL GROUNDS ONLY.

2. ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Cross Country are due on or before **September 16, 2015**. Forms must be completed on-line via the SHSAA website (www.shsaa.ca). Enter the SHSAA ExNet – Login. Your school Principal will have the school's USERNAME and PASSWORD.

3. PROCEDURES:

Please refer to the SHSAA handbook (Cross Country in Activities section) for competitive details and starting procedure.

4. ACCOMMODATION:

View room bookings at the following link:

<http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>

Saskatoon Accommodation:

<http://www.tourismsaskatoon.com/hotels/best-saskatoon-hotels/>

5. LOCAL DETAILS:

Virtual Tour of the course:
<http://youtu.be/88UIHh2WbKk>

6. COMPETITION:

Order of races:

| | |
|--------------|------------------|
| Midget Girls | 3000 m - 12:00pm |
| Midget Boys | 4000 m - 12:15pm |
| Junior Girls | 4000 m - 12:35pm |
| Junior Boys | 5000 m - 12:55pm |
| Senior Girls | 4000 m - 1:20pm |
| Senior Boys | 6000 m - 1:40pm |

NOTE: The midget girls' race starts at 12:00 pm. All other times are approximations.

Athletes registration 9:00 – 10:00am.

Course familiarization walk at 10:15am.

Coaches Meeting 11:15am.

School team champions will be declared in 4 classifications as per SHSAA classification rules:

- 4A: 500 or more male and female students gr. 10-12
- 3A: 200 to 499 male and female students gr. 10-12
- 2A: 100 to 199 male and female students gr. 10-12
- 1A: 1 to 99 male and female students gr. 10-12

All final results will be posted on the SHSAA website after the meet.

Awards Presentation: Presentations following Senior Boys race and tabulation of final results. All teams are requested to be present for the presentations and in their district uniforms.

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.



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2015 PROVINCIAL SOCCER

SPORT SPECIFICS:

Please refer to the SHSAA handbook for details of hosting and playoff procedures. Follow all registration and competitive procedures as outlined in the **BYLAWS** section of the handbook.

ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Soccer are due on or before **September 16, 2015**. Forms must be completed on-line via the SHSAA website (www.shsaa.ca). Enter the SHSAA ExNet – Login. Your school Principal will have the school's USERNAME and PASSWORD.

REGIONAL CHAMPIONSHIPS – playoffs will take place on October 23 - 24, 2015.

Regions for soccer will be created following the E-5 date, September 16, 2015. The expected classifications are listed below and posted on the website. The lists will be subject to change based on registration of teams this year. Districts will be notified regarding Regional hosting responsibilities after September 16, 2015. The district designated to host will need to declare a host school and notify the SHSAA office.

After September 30th enrolment declarations, schools that have a change of 25% or more in enrolment that causes the school to change classification from the previous year will be reclassified and placed in an appropriate region. The SHSAA office will seed all regional tournaments as well as the 1A and 2A provincial tournaments. ***It is imperative that all soccer teams complete and forward a seeding form (E-16) to the SHSAA office by October 16, 2015:*** <http://www.shsaa.ca/page/show/968456-forms-and-due-dates>.

In the 1A and 2A classifications there will be 2 or 4 regional tournaments depending on the number of entries into the playoffs. If there are more than 15 entries then four regional tournaments will be created each advancing two teams to an eight team provincial championship. If 15 or fewer teams are entered in the playoffs then there will be two regional tournaments created each advancing two teams to a four team provincial championship. *In each instance the region with the team hosting the provincial championship will only advance one team in addition to the provincial host.*

In the 3A classification, each of the four regions will advance two teams to an eight team provincial championship. Regina and Saskatoon will advance teams from their league playoffs while Region A and D will advance teams from a seeded tournament of the teams listed. *In each instance the region with the team hosting the provincial championship will only advance one team in addition to the provincial host.*

PROVINCIAL CHAMPIONSHIPS – playoffs will take place October 30 - 31, 2015.

The draw template and schedule for regional and provincial competitions can be found on the SHSAA web site and are subject to change (Regional <http://www.shsaa.ca/page/show/1010016-regional-draw-templates>; Provincial <http://www.shsaa.ca/page/show/1010017-provincial-draw-templates>)

Host Sites:

1A Boys - Lake Lenore

Commissioner: Curtis Strueby (306) 368-2333

2A Boys - Regina (RHSAA)

Commissioner: Angela Tillier (306) 522-5572

3A Boys - Estevan

Commissioner: Pat Fergusson (306) 634-4761

1A Girls - Waldheim

Commissioner: Reg Pauls (306) 945-2211

2A Girls - OPEN

Bids accepted until September 11

3A Girls - Swift Current

Commissioner: Ruth Weiner (306) 773-2801

Accommodations: Information, when it becomes available, will be posted at <http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>.

REMEMBER SEND IN YOUR SEEDING FORM BY OCTOBER 16, 2015: Seeding Form (E-16) available in the SHSAA handbook or on-line at <http://www.shsaa.ca/page/show/968456-forms-and-due-dates>.



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2015 SOCCER REGIONS/CLASSIFICATIONS (AS OF JUNE 23, 2015)

Schools are shown by classification only. Regions will be created following the September 16th eligibility for soccer. The regions may be revised following the September 30th enrolment declarations, and the October 14th withdrawal deadline.

The schools listed in 7 v 7 are those that played in that classification last year.

BOYS

| 1A BOYS | | | |
|---------|--|--|--|
| (7V7) | Maymont - BW Pelican Lake - BW Hepburn - CV Osler VCA - CV Rosthern Jr. College - CV Stobart - CV | Lake Lenore - HC Middle Lake - HC Eagleview - NW Meadow Lake - NW | |
| 2A BOYS | | | |
| (1-250) | Cando - BW NB John Paul II - BW Poundmaker - BW Martensville - CV Warman - CV Sacred Heart - EC Humboldt - HC Muenster - HC | Ahtahkakoop - NC Se Se Wa Hum - NC Kipling - QV Notre Dame - QV Johnson - RG Luther - RG Martin - RG | Regina Christian - RG Riffel - RG Sheldon Williams - RG MJ Central - SC MJ Vanier - SC Weyburn - SE |
| 3A BOYS | | | |
| (>250) | Yorkton Regional - EC PA Carlton - NC PA St. Mary - NC Balgonie - QV MJ Peacock - SC Estevan - SE Swift Current - SW | Balfour - RG Campbell - RG LeBoldus - RG Miller - RG O'Neill - RG Thom - RG Winston Knoll - RG | Aden Bowman - ST Centennial - ST Evan Hardy - ST Holy Cross - ST Mount Royal - ST St. Joseph - ST Walter Murray - ST |

GIRLS

| 1A GIRLS | | | |
|----------|---|---|---|
| (7V7) | Cando - BW Maymont - BW Poundmaker - BW Delisle - CV Martensville - CV Osler VCA - CV Rosthern JC - CV Stobart - CV Waldheim - CV | Humboldt - HC Lake Lenore - HC Middle Lake - HC Ahtahkakoop - NC Birch Hills - NC | Eagleview - NW Herbert - SW Kenaston - WC LCBI - WC Outlook - WC Moosomin - SE |
| 2A GIRLS | | | |
| (1-250) | John Paul II - BW Sacred Heart - EC Se Se Wa Hum - NC Meadow Lake - NW Balgonie - QV Notre Dame - QV | Luther - RG Martin - RG Sheldon Williams - RG Aden Bowman - ST Bishop Mahoney - ST Evan Hardy - ST | Caronport - SC MJ Central - SC MJ Peacock - SC MJ Vanier - SC Weyburn - SE |
| 3A GIRLS | | | |
| (>250) | NB Comprehensive - BW Yorkton Regional - EC PA Carlton - NC PA St. Mary - NC Holy Rosary - NW Estevan - SE Swift Current - SW | Balfour - RG Campbell - RG LeBoldus - RG Miller - RG O'Neill - RG Riffel - RG Thom - RG Winston Knoll - RG | Bethlehem - ST Centennial - ST Holy Cross - ST Marion Graham - ST Mount Royal - ST St. Joseph - ST Tommy Douglas - ST Walter Murray - ST |



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2015 PROVINCIAL FOOTBALL

ELIGIBILITY: Student athlete eligibility forms (**Form E-5**) for Football are due on or before **September 16, 2015**. Forms must be completed on-line via the SHSAA website (www.shsaa.ca). Enter the SHSAA ExNet – Login. Your school Principal will have the school's USERNAME and PASSWORD.

OFFICIALS: Game officials for all post conference or post league games are paid by the SHSAA office (four for 6-man, five for 9-man, six for 12-man). The assignments are done by the District Officials Commissioner and must be approved by the SHSAA office.

SPECIAL RULES: Please note the information in the SHSAA handbook; refer to your particular category of football in the Activities section. Note the overtime procedure for high school football.

GAME TIME: Playoff games are scheduled for 1:00 p.m. unless otherwise stated or the teams involved agree to a time change and receive approval from the SHSAA office.

GAME BALL: The official game ball for football will be the **Wilson F2000**.

TEAM COLORS: If the competing teams have similar colour uniforms causing an issue, it is the responsibility of the home team to change.

PROVINCIAL PLAYOFF DRAW: The draw template and schedule for each provincial championship is listed on the web site (<http://www.shsaa.ca/page/show/948235-football>) and is subject to change.

FOOTBALL CONFERENCES 2015

| | | | | | |
|------------------------------------|--|---|---|---|---|
| 1A 6-MAN (1-51) | CONFERENCE 1 Canora – EC Ituna/Keliher – HC Raymore – HC Lemberg – QV Milestone – QV Southey – QV | CONFERENCE 2 Kerrobert – BW Macklin – BW Wilkie – BW Gull Lake – SW Eatonia – WC Elrose – WC Plenty – WC | CONFERENCE 3 Hanley – CV Viscount – HC Caronport – SC Central Butte – SC Davidson – WC LCBI – WC | CONFERENCE 4 Aberdeen – CV Hague – CV Wakaw – HC Carrot River – NE Hudson Bay – NE Porcupine Plain – NE | CONFERENCE 5 Charlebois – NE Beauval – NW St. Pascal – NW Twin Lakes – NW |
| 2A 6-MAN (>51) | CONFERENCE 1 Preeceville – EC Kamsack – EC Watson – HC Wynyard – HC | CONFERENCE 2 Hafford – BW Unity – BW Dalmeny – CV Biggar – WC Outlook – WC Rosetown – WC | CONFERENCE 3 Lanigan – HC Watrous – HC Cupar – QV Assiniboia – SC | CONFERENCE 4 Spiritwood – BW Rosthern – CV Big River – NC Birch Hills – NC Shellbrook – NC | CONFERENCE 5 La Ronge – NC Sandy Bay – NC Myles Venne – NC Creighton – NE La Loche – NW Minahik – NW |
| 9-MAN (86-250) | CONFERENCE 1 Clavet – CV 2A Humboldt – HC 3A Melfort – NE 3A Nipawin – NE 2A Tisdale – NE 2A | CONFERENCE 2 Fort Qu'Appelle – QV 3A Indian Head – QV 2A Lumsden – QV 2A Maple Creek – SW 2A Shaunavon – SW 2A | CONFERENCE 3 Esterhazy – EC 3A Melville – EC 2A Yorkton Sacred Heart – EC 3A Foam Lake – HC 2A Broadview – QV 3A | CONFERENCE 4 John Paul II – BW 3A Delisle – CV 2A Martensville – CV 3A Warman – CV 3A Meadow Lake – NW 3A Kindersley – WC 3A | |
| 3A 12-MAN (≤325) | SASKATOON North Battleford – BW Bedford Road – ST Bishop Mahoney – ST Evan Hardy – ST Marion Graham – ST Mount Royal – ST Tommy Douglas – ST | REGINA Balgonie – QV Notre Dame – QV Johnson – RG Luther – RG Miller – RG O'Neill – RG | MOOSE JAW Yorkton Reg. – EC MJ Central – SC MJ Peacock – SC MJ Vanier – SC Estevan – SE Weyburn – SE Swift Current – SW | | |
| 4A 12-MAN (>325) | SASKATOON PA Carlton – NC PA St. Mary – NC Athen Bowman – ST Bethlehem – ST | Centennial – ST Holy Cross – ST St. Joseph – ST Walter Murray – ST | REGINA Balfour – RG Campbell – RG LeBoldus – RG Riffel – RG | Sheldon Williams – RG Thom – RG Winston Knoll – RG | |



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2015 PROVINCIAL VOLLEYBALL

This information will include all preliminary material that teams need for the volleyball playoffs leading to the provincial championship. Schedules and information are found in the SHSAA handbook and on the volleyball activity page of the SHSAA website <http://www.shsaa.ca/page/show/992566-volleyball>.

- **Seeding** conference, regional, and provincial tournaments is important to the success of the events. **Form E-16** can be found at: <http://www.shsaa.ca/page/show/968456-forms-and-due-dates>. All teams **MUST** submit the results of their season to the **SHSAA office before October 30, 2015**. Include results of all matches played up to that date.
- All provincial tournaments (1A – 5A) will follow the ten-team 2 pools – 2 courts schedule found in the SHSAA handbook <http://www.shsaa.ca/page/show/1208351-provincial-volleyball-championship-draw-template>. Some modification of the draw times may be necessary to accommodate host plans. The SHSAA office must approve changes to the draw.
- **Accommodations** when made available by the host site will be listed at: <http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>.
- **Results** for conference, regional, and provincial events will be posted on the SHSAA web site as the events occur. Immediately following conference and regional tournaments the host sites are reminded to notify the SHSAA office of the teams that will be advancing to the next level of playoff.

PLAYOFFS LEADING TO THE PROVINCIAL CHAMPIONSHIP:

CONFERENCE CHAMPIONSHIP

All teams registered for volleyball will be placed in one of four regions which are sub-divided into conferences. Each conference playoff will determine representatives advancing to the regional competition. Regions with **eight or fewer teams** will advance directly to a regional playoff with no conference playoff conducted. Regions with **more than eight teams** will be divided into conference tournaments each advancing the same number of teams such that the regional tournament will consist of 6 teams.

The projected conferences and regions have been listed below and on the SHSAA website. The lists are according to last year's entries in the playoffs and will be subject to change based on registration and enrollment of teams this year. The District designated to host will need to declare a host school and notify the SHSAA office. After September 30, 2015 enrolment declarations are completed, schools will be reclassified and placed in an appropriate conference or region as per resolution that was passed at 2015 AGM.

Conference playoffs will consist of one of the following draws: **less than six teams** – the conference tournament will consist of a full round-robin tournament with no playoff round. The **six-team conference** tournament will consist of two pools of 3, with the top two teams advancing to the playoff round. All of these conference tournaments will be played as one-day events. A **seven or eight team conference** tournament will consist of two pools, with the top 2 teams in each pool advancing to the playoff round. These conference tournaments will be played as 1.5 day events. Details for the various draws will be listed on the SHSAA web site <http://www.shsaa.ca/page/show/1007542-conference-draw-templates>.

In the 1A – 4A classifications, conference playoff for girls will be held on November 7, 2015. Conference playoffs for boys will be held on November 14, 2015. ***Districts/Schools wanting to host on a different date must first contact the SHSAA office to seek further direction.*** In the 5A classification, no conference playoffs will be held and all teams will advance to either the city league playoff or the north/south regional tournament to determine the provincial representatives.



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REGIONAL CHAMPIONSHIP

Conference tournaments will advance two or three teams as noted above to the regional level of playoffs. Regional tournaments, in most instances, will be six-team tournaments in two pools played in one day, with the top two teams from each pool advancing to a playoff round that will determine the two teams to advance to the provincial tournament. In some instances, when a conference playoff is not necessary, the regional will be conducted as designed by the SHSAA office to determine two representatives to advance to the provincial tournament.

REGIONAL DATES:

5A Boys and Girls November 13 - 14, 2015

1A, 2A, 3A, 4A Girls November 14, 2015

1A, 2A, 3A, 4A Boys November 21, 2015

The following districts have been designated to host the regional tournament. There is no provision for a host team in any regional tournaments; therefore, the host locations will be finalized once the conference championships have been completed. Each District is responsible to ensure a host for the regional event that has a suitable venue and tournament committee. The District designates a host from the schools that advance to the regional playoffs. In the event that a District does not have any teams that qualify from the conference playoffs, the SHSAA office will select the regional host site from the qualified teams.

| Classification | Regional | | | |
|----------------|-------------------|----------------|-----------------|-----------------|
| | SOUTH | WEST | NORTH | EAST |
| 1A Boys | South East | South Central | Battle West | East Central |
| 2A Boys | South East | West Central | North West | Horizon Central |
| 3A Boys | South East | Battle West | Horizon Central | South Central |
| 4A Boys | South West | Saskatoon | North Central | East Central |
| 5A Boys | South East | | North West | |
| 1A Girls | East Central | South Central | North West | Central Valley |
| 2A Girls | South East | Battle West | North West | Horizon Central |
| 3A Girls | Qu'Appelle Valley | Central Valley | Battle West | North Central |
| 4A Girls | East Central | West Central | North West | Horizon Central |
| 5A Girls | East Central | | Central Valley | |

PROVINCIAL CHAMPIONSHIPS

1A – 4A: The top two teams in each region will qualify for the provincial championship. The provincial final tournament will consist of 10 teams. The field of teams will include the host team and a third team from a designated region.

5A: Saskatoon and Regina will advance two representatives each to the provincial championship through their respective leagues. The 5A north and south regional tournaments will each advance three teams to the provincial championship through a draw designed by the SHSAA office. If either of the north or south regions is hosting the provincial tournament, then that region will qualify two teams to provincials in addition to the host team.

Information on each provincial championship event is listed below:

PROVINCIAL DATES: 5A Boys and Girls November 20 - 21, 2015

1A, 2A, 3A, 4A Girls November 20 - 21, 2015

1A, 2A, 3A, 4A Boys November 27 - 28, 2015

REMEMBER SEND IN YOUR SEEDING FORM BY OCTOBER 30, 2015

Seeding Form (E-16) available in the SHSAA handbook or on-line at <http://www.shsaa.ca/page/show/968456-forms-and-due-dates>



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2015 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

"5A" GIRLS

Host School: Martensville High School
Commissioner: Myles Loeffler
Phone: (306) 931-2230
Fax: (306) 931-2766
Email: myles.loeffler@spiritsd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the north region, **Three** teams from the south region, and **Two** teams from each of Regina and Saskatoon.

"4A" GIRLS

Host School: Rosetown Central High School
Commissioner: Chelsea Billet
Phone: (306) 882-2655
Fax: (306) 882-3889
Email: chelsea.billet@sunwestsd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 4th Place Team (Tisdale) as the 2014 Gold, Silver, and Bronze Medalists have changed classification.

"3A" GIRLS

Host School: Rosthern Jr. College
Commissioner: Adam Ens
Phone: (306) 232-4222
Fax: (306) 232-5250
Email: adam@rjc.sk.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Silver Medalist (Wakaw) as the 2014 Gold Medalist is in the provincial host region.

"2A" GIRLS

Host School: Porcupine Plain Comprehensive School
Commissioner: Jocelyn Boyle
Phone: (306) 278-2288
Fax: (306) 278-2357
Email: boyle.jocelyn@nesd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Gold Medalist (Fox Valley).

"1A" GIRLS

Host School: Medstead Central School
Commissioner: Kelly Schneider
Phone: (306) 342-4600
Fax: (306) 342-4994
Email: kelly.schneider@lskysd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Gold Medalist (Colonsay).

"5A" BOYS

Host School: Swift Current Comprehensive School
Commissioner: Dan Andrie
Phone: (306) 773-2801
Fax: (306) 773-9285
Email: dandrie@chinooksd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the south region, **Three** teams from the north region, and **Two** teams from each of Regina and Saskatoon.

"4A" BOYS

Host School: La Loche Community School
Commissioner: Phyllis Longobardi
Phone: (306) 822-2223
Fax: (306) 822-2344
Email: phyllislongobardi@nlsd113.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Bronze Medalist (Melville) as 2014 Gold and Silver Medalists have changed classification.

"3A" BOYS

Host School: Preeceville School
Commissioner: Cary Franklin
Phone: (306) 547-3148
Fax: (306) 547-2252
Email: cary.franklin@gssd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Silver Medalist (Sturgeon Lake) as 2014 Gold Medalist has changed classification.

"2A" BOYS

Host School: College Mathieu (Gravelbourg)
Commissioner: Michel Forest
Phone: (306) 648-3105
Fax: (306) 648-2125
Email: mforest@cefsk.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Silver Medalist (Edam) as 2014 Gold Medalist has changed classification.

"1A" BOYS

Host School: Annaheim
Commissioner: Blair Wourms
Phone: (306) 598-2110
Fax: (306) 598-4410
Email: blair.wourms@hzsd.ca
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regions and a third team from the region with the 2014 Gold Medalist (Mossbank).



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



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| 1A BOYS | | SOUTH REGION Host: SE | | WEST REGION Host: SC | | NORTH REGION Host: BW | | EAST REGION Host: EC | | | | | | | |
|---------|-------------------|--------------------------|--|-------------------------|--------------------|--------------------------|-------------------|-------------------------|-------------------|--------------------|---------------------|---------------|--|------------------|--|
| (1-20) | HOST SC (2) | CONFERENCE 1 | | | Colonsay - CV | | Poundmaker - BW | HOST HC (2) | CONFERENCE 1 | | | | | | |
| | | Glentworth - SC | | | | | | | | Imperial - HC | | Borden - CV | | Annaheim - HC | |
| | | Lafleche - SC | | | | | | | | Central Butte - SC | | Glaslyn - NW | | Middle Lake - HC | |
| | | Mossbank - SC | | | | | | | | Eyebrow - SC | | Goodsoil - NW | | Arborfield - NE | |
| | HOST SE (2) | CONFERENCE 2 | | | Cabri - SW | | Loon Lake - NW | | HOST HC (2) | CONFERENCE 2 | | | | | |
| | | Bengough - SC | | | Hazlet/Leader - SW | | Neilburg - NW | | | | LeRoy - HC | | | | |
| | | Coronach - SC | | | Vanguard - SW | | Patuanak - NW | | | | Nawigizigweyas - HC | | | | |
| | | Rockglen - SC | | | Dinsmore - WC | | St. Walburg - NW | | | | Englefeld - HC | | | | |
| | HOST SC (2) | CONFERENCE 3 | | | | | | | HOST QV (2) | CONFERENCE 3 | | | | | |
| | | Avonlea - SC | | | | | | | | | Churchbridge - EC | | | | |
| | | Rouleau - SC | | | | | | | | | Broadview - QV | | | | |
| | | Ogema - SE | | | | | | | | | Kahkewistahaw - QV | | | | |
| 2A BOYS | | SOUTH REGION Host: SE | | WEST REGION Host: WC | | NORTH REGION Host: NW | | EAST REGION Host: HC | | | | | | | |
| (21-30) | | Lipton - QV | | Fox Valley - SW | | Medstead - BW | | Hafford - BW | | | | | | | |
| | | Montmartre - QV | | Frontier - SW | | Edam - NW | | Blaine Lake - CV | | | | | | | |
| | | Nakoda Oyade - QV | | Herbert - SW | | Hillmond - NW | | Waldheim - CV | | | | | | | |
| | | Arcola - SE | | Ponteix - SW | | Island lake - NW | | Cudworth - HC | | | | | | | |
| | | Lampman - SE | | Beechy - WC | | Paradise Hill - NW | | Muenster - HC | | | | | | | |
| | | Manor - SE | | Eston - WC | | Pierceland - NW | | Little Red River - NC | | | | | | | |
| | | Radville - SE | | LCBI - WC | | Thunderchild - NW | | Carrot River - NE | | | | | | | |
| | | Kincaid/C. Mathieu - SC | | Davidson - WC | | Turtleford - NW | | | | | | | | | |
| 3A BOYS | | SOUTH REGION Host: SE | | WEST REGION Host: BW | | NORTH REGION Host: HC | | EAST REGION Host: SC | | | | | | | |
| (31-50) | HOST SE (3) | CONFERENCE 1 | | HOST NW (3) | CONFERENCE 1 | | HOST HC (3) | CONFERENCE 1 | | HOST EC (2) | CONFERENCE 1 | | | | |
| | | Carnduff - SE | | | Pelican Lake - BW | | | Bellevue - HC | | | Langenburg - EC | | | | |
| | | Carlyle - SE | | | Buffalo River - NW | | | St. Brieux - HC | | | Norquay - EC | | | | |
| | | Oxbow - SE | | | Canoe Lake - NW | | | Wadena - HC | | | Preeceville - EC | | | | |
| | | Redvers - SE | | | Maidstone - NW | | | Sen Allan Bird - NC | | | Sturgis - EC | | | | |
| | | Stoughton - SE | | | Makwa - NW | | | Hudson Bay - NE | | | | | | | |
| | HOST QV (3) | CONFERENCE 2 | | HOST BW (3) | CONFERENCE 2 | | HOST CV (3) | CONFERENCE 2 | | HOST HC (2) | CONFERENCE 2 | | | | |
| | | Grenfell - QV | | | Luseland - BW | | | Hepburn - CV | | | Strasbourg - HC | | | | |
| | | Kipling - QV | | | Wilkie - BW | | | Leask - CV | | | Raymore - HC | | | | |
| | | Vibank - QV | | | Langham - CV | | | Rosthern JC - CV | | HOST SC (2) | CONFERENCE 3 | | | | |
| | | Whitewood - QV | | | Osler VCA - CV | | | Ahtahkakoop - NC | | | Cornerstone - SC | | | | |
| | | Rocanville - SE | | | E Canadienne - ST | | | Sturgeon Lake - NC | | | Gravelbourg - SC | | | | |
| | | | | | | | | | | | MJ Riverview - SC | | | | |
| | | | | | | | | | | Caronport - SC | | | | | |
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Provincial host regions advance two teams in addition to provincial host to the provincial championship.

1A Boys - Provincial host region = East Region (Anaheim)

2A Boys - Provincial host region = South Region (College Mathieu)

3A Boys - Provincial host region = East Region (Preeceville - EC)

The designated region below will also advance three teams to the provincial tournament.

1A Boys - South Region (2014 gold medal region - Mossbank)

2A Boys - North Region (2014 silver medal region - Edam ; Hepburn is now in 3A)

3A Boys - North Region (2014 silver medal region - Sturgeon Lake ; Waldheim is now 2A)



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| 4A BOYS | SOUTH REGION Host: SW | WEST REGION Host: ST | NORTH REGION Host: NC | EAST REGION Host: EC |
|----------|--------------------------|-------------------------|--------------------------|--------------------------|
| (51-150) | Assiniboia - SC | Unity - BW | Birch Hills - NC | Kamsack - EC |
| | MJ Central - SC | Cst. R. Cameron - CV | Ecole Valois - NC | Melville - EC |
| | MJ Vanier - SC | Dalmeny - CV | Keethanow - NC | Sacred Heart - EC |
| | Shaunavon - SW | Perdue - CV | Sen. Myles Venne - NC | Fort Qu' Appelle - QV |
| | Kindersley - WC | Beauval - NW | Creighton - NE | Lumsden - QV |
| | Outlook - WC | La Loche - NW | Melfort - NE | Humboldt - HC |
| | Rosetown - WC | Rossignol - NW | Nipawin - NE | Kelvington - HC |
| | | ST Christian - ST | Tisdale - NE | |
| 5A BOYS | SOUTH REGION Host: SE | REGINA | SASKATOON | NORTH REGION Host: NW |
| (>150) | Yorkton Regional - EC | Balfour | Aden Bowman | John Paul II - BW |
| | Balgonie - QV | Campbell | Bedford Road | NB Comprehensive - BW |
| | MJ Peacock - SC | LeBoldus | Bethlehem | PA Carlton - NC |
| | Estevan - SE | Miller | Centennial | PA St. Mary - NC |
| | Weyburn - SE | O'Neill | Evan Hardy | Meadow Lake - NW |
| | Swift Current - SW | Riffel | Holy Cross | |
| | | Winston Knoll | Marion Graham | |
| | | | St. Joseph | |
| | | | Tommy Douglas | |
| | | | Walter Murray | |

Provincial host regions advance two teams in addition to provincial host to the provincial championship.

4A Boys - Provincial host region = West Region (La Loche)

5A Boys - Provincial host region = South Region (Swift Current)

The designated region below will also advance three teams to the provincial tournament.

4A Boys - East Region (2014 bronze medal region - Melville ; Oxbow & Osler VCA are now 3A)

5A Boys - North Region



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2015 VOLLEYBALL CONFERENCES (GIRLS)

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| 1A GIRLS | | SOUTH REGION Host: EC | | WEST REGION Host: SC | | NORTH REGION Host: NW | | EAST REGION Host: CV | |
|----------|-----------------------|--------------------------|-----------------------|-------------------------|-----------------------|--------------------------|-----------------------|-------------------------|--|
| (1-20) | HOST SE (2) | CONFERENCE 1 | HOST SW (2) | CONFERENCE 1 | HOST BW (2) | CONFERENCE 1 | HOST HC (2) | CONFERENCE 1 | |
| | | Fillmore - SE | | Cabri - SW | | Maymont - BW | | Nawigizigweyas - HC | |
| | | Gladmar - SE | | Eastend - SW | | Poundmaker - BW | | Rose Valley - HC | |
| | | Midale - SE | | Hazlet - SW | | Borden - CV | | Arborkfield - NE | |
| | | Pangman - SE | | Leader - SW | | Perdue - CV | | Bjorkdale - NE | |
| | | Stoughton - SE | | Ponteix - SW | | Canwood - NC | | Choiceland - NE | |
| | | Yellow Grass - SE | | Vanguard - SW | | Legacy Christian - ST | | Gronlid - NE | |
| | HOST QV (2) | CONFERENCE 2 | HOST SC (2) | CONFERENCE 2 | HOST NW (2) | CONFERENCE 2 | HOST HC (2) | CONFERENCE 2 | |
| | | Broadview - QV | | Bengough - SC | | Medstead - BW | | Annaheim - HC | |
| | | Kahkewistahaw - QV | | Coronach - SC | | Edam - NW | | Englefeld - HC | |
| | | Lemberg - QV | | Glentworth - SC | | Glaslyn - NW | | Imperial - HC | |
| | | Nakoda Oyade - QV | | Kincaid - SC | | Goodsoil - NW | | Leroy - HC | |
| | | Manor - SE | | Mankota - SC | | Loon Lake - NW | | Quill Lake - HC | |
| | | Wawota - SE | | Rockglen - SC | | Patuanak - NW | | Watson - HC | |
| | HOST QV (2) | CONFERENCE 3 | HOST SC (2) | CONFERENCE 3 | HOST WC (2) | CONFERENCE 3 | HOST CV (2) | CONFERENCE 3 | |
| | | Payepot- QV | | Avonlea - SC | | Marengo - WC | | Allan - CV | |
| | | Peepeekisis- QV | | Central Butte - SC | | Dinsmore - WC | | Colonsay - CV | |
| | | Cupar - QV | | College Mathieu - SC | | Eatonia - WC | | Bruno - HC | |
| | | Kelliher - QV | | Mortlach - SC | | Elrose - WC | | Cudworth - HC | |
| | | Lipton - QV | | Rouleau - SC | | Plenty - WC | | Middle Lake - HC | |
| | | | | | | | | Viscount - HC | |
| | | | Kenaston - WC | | | | | | |
| 2A GIRLS | | SOUTH REGION Host: SE | | WEST REGION Host: BW | | NORTH REGION Host: NW | | EAST REGION Host: HC | |
| (21-30) | HOST SE (2) | CONFERENCE 1 | HOST SW (2) | CONFERENCE 1 | HOST NW (3) | CONFERENCE 1 | HOST CV (2) | CONFERENCE 1 | |
| | | Arcola - SE | | Fox Valley - SW | | Birch Ridge - NW | | Rosthern - CV | |
| | | Lampman - SE | | Frontier - SW | | Hillmond - NW | | Muenster - HC | |
| | | Radville - SE | | Gull Lake - SW | | Island Lake - NW | | St. Brieux - HC | |
| | | | | Herbert - SW | | Paradise Hill - NW | | Little Red River - NC | |
| | | | | | | Pierceland - NW | | | |
| | | | | | | St. Walburg - NW | | | |
| | HOST QV (2) | CONFERENCE 2 | HOST NW (2) | CONFERENCE 2 | HOST BW (3) | CONFERENCE 2 | HOST NE (2) | CONFERENCE 2 | |
| | | Churchbridge - EC | | Cut Knife - BW | | Leoville - BW | | Norquay - EC | |
| | | Kakisiwew - QV | | Luseland - BW | | Pelican Lake - BW | | Preeceville - EC | |
| | | Whitewood - QV | | Neilburg - NW | | Debden - NC | | Porcupine Plain - NE | |
| | | | | Hafford - BW | | Thunderchild - NW | | Invermay- EC | |
| | | | | | | Turtleford - NW | | | |
| | | | | | | | | | |
| | HOST QV (2) | CONFERENCE 3 | HOST CV (2) | CONFERENCE 3 | | CONFERENCE 3 | | | |
| | | Grenfell - QV | | Beechy- WC | | Ituna - HC | | | |
| | | Milestone - QV | | Asquith - CV | | Strasbourg - HC | | | |
| | | Montmartre - QV | | Hepburn - CV | | Southey - QV | | | |
| | | Wolseley - QV | | Langham - CV | | | | | |

Provincial host regions advance two teams in addition to provincial host to the provincial championship.

1A Girls - Provincial host region = North Region - (Medstead)

2A Girls - Provincial host region = East Region - (Porcupine Plain)

The designated region below will also advance three teams to the provincial tournament.

1A Girls - East Region (2014 gold medal region - Colonsay)

2A Girls - West Region - (2014 gold medal region - Fox Valley)



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| 3A GIRLS | SOUTH REGION Host: QV | | WEST REGION Host: CV | | NORTH REGION Host: BW | | EAST REGION Host: NC | |
|----------|---------------------------------|---|---------------------------------|--|---------------------------------|---|---------------------------------|--|
| (31-50) | HOST SC (2) | CONFERENCE 1 Caronport - SC Cornerstone - SC Gravelbourg - SC Riverview - SC | HOST CV (2) | CONFERENCE 1 Aberdeen - CV Hague - CV Rosthern JC - CV Stobart - CV Waldheim - CV | HOST NW (2) | CONFERENCE 1 Chief Napew - NW Lashburn - NW Maidstone - NW Makwa - NW | HOST NC (2) | CONFERENCE 1 Wakaw - HC Kinistino - NC Meath Park - NC Rivier - NC Sen Allan Bird - NC |
| | HOST RG (2) | CONFERENCE 2 Langenburg - EC Indian Head - QV Kipling - QV Vibank - QV Harvest City - RG | HOST NC (2) | CONFERENCE 2 Leask - CV Ahtahkakoop - NC Shellbrook - NC Sturgeon Lake - NC | HOST NW (2) | CONFERENCE 2 Beauval - NW Canoe Lake - NW Minahik - NW Rossignol - NW Twin Lakes - NW | HOST NE (2) | CONFERENCE 2 Carrot River - NE Creighton - NE Hudson Bay - NE Naicam - NE |
| | HOST SE (2) | CONFERENCE 3 Carlyle - SE Carnduff - SE Oxbow - SE Redvers - SE Rocanville - SE | HOST CV (2) | CONFERENCE 3 Hanley - CV Lanigan - HC Watrous - HC Davidson - WC LCBI - WC | HOST BW (2) | CONFERENCE 3 Kerrobert - BW Macklin - BW Unity - BW Wilkie - BW Biggar - WC | HOST EC (2) | CONFERENCE 3 Canora - EC Foam Lake - HC Kelvington - HC Wadena - HC Wynyard - HC |
| 4A GIRLS | SOUTH REGION Host: EC | | WEST REGION Host: WC | | NORTH REGION Host: NW | | EAST REGION Host: HC | |
| (51-150) | HOST EC (3) | CONFERENCE 1 Esterhazy - EC Kamsack - EC Melville - EC Sacred Heart - EC Moosomin - SE | | Delisle - CV Assiniboia - SC MJ Vanier - SC Maple Creek - SW Shaunavon - SW Kindersley - WC | | Spiritwood - BW Clavet - CV Dalmeny - CV Osler VCA - CV Eagleview - NW La Loche - NW E Canadienne - ST ST Christian - ST | | Humboldt - HC Raymore - HC Birch Hills - NC Churchill - NC Keethanow - NC Myles Venne - NC Nipawin - NE Tisdale - NE |
| | HOST QV (3) | CONFERENCE 2 Fort Qu' Appelle - QV Lumsden - QV Notre Dame - QV RG Christian - RG | | Outlook - WC Rosetown - WC | | | | |
| 5A GIRLS | SOUTH REGION Host: EC | | REGINA | | SASKATOON | | NORTH REGION Host: CV | |
| (>150) | | Yorkton Regional - EC Balgonie - QV MJ Central - SC MJ Peacock - SC Estevan - SE Weyburn - SE Swift Current - SW | | Balfour Campbell Johnson LeBoldus Luther Martin Miller O'Neill Riffel Sheldon Williams Thom Winston Knoll | | Aden Bowman Bethlehem Bishop Mahoney Centennial Evan Hardy Holy Cross Marion Graham St. Joseph Tommy Douglas Walter Murray | | John Paul II - BW NB Comprehensive - BW Martensville - CV Warman - CV PA Carlton - NC PA St. Mary - NC Melfort - NE Meadow Lake - NW |

Provincial host regions advance two teams in addition to provincial host to the provincial championship.

3A Girls - Provincial host region = West Region (Rosthern Jr. College)

4A Girls - Provincial host region = West Region (Rosetown)

5A Girls - Provincial host region = North Region (Martensville)

The designated region below will also advance three teams to the provincial tournament.

3A Girls - East Region (2014 silver medal region - Wakaw ; Lanigan is in provincial host region)

4A Girls - East Region (2014 4th place region - Tisdale ; Waldheim, Caronport, & Watrous are now 3A)

5A Girls - South Region



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NOTES