



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SEPTEMBER 2018 NEWSLETTER

SHSAA EXECUTIVE 2018 - 2019

PRESIDENT:

Val Gordon, Eastend

EXECUTIVE COUNCIL:

Al Wandler, Assiniboia

Ryan Fowler, Weyburn

Nathan Noble, Meath Park

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Kirby Frey, Saskatoon

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Graham Comfort, Nipawin

Donna Banks, Saskatoon

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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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Executive Director's Report

Another school year is upon us and that means another year of providing educational opportunities through school sport to the students of Saskatchewan. Educational athletics is a tremendous way to supplement the learning outcomes of curriculums delivered in Saskatchewan classrooms. Most important is enhancing the life skills of students as they learn about the significance of citizenship through participation in school sport. Welcome back to all school personnel and volunteers that have played a critical role in delivering school sport programming. Don't keep the world of school sport a secret; share your experiences and encourage your colleagues to reap the benefits of being involved with students in an educational setting outside of the traditional classroom.

Your SHSAA office staff is excited for another year and eager to assist schools in their delivery of school sport. Dave Sandomirsky, along with myself, will continue as the administrative team for SHSAA. Jessica Blair and Stefanie Lewis are the very capable executive office assistants that look after the day-to-day workings of our office. The office hours of SHSAA are 8:00am – 4:30pm from Monday to Friday. A list of assigned office responsibilities can be found in the handbook and on the website to assist you in directing your inquiries when contacting the office for assistance. Your communication with our office is very important and we will attempt to deal with your inquiries and concerns as quickly as process will allow.

Sponsorship continues to be critical for successfully meeting the goals of the Association. Funding from major sponsors allows SHSAA to keep participation fees at minimum levels. Please find time to say thank you to representatives from our major sponsors: Saskatchewan Milk Marketing Board, Saskatchewan Credit Unions, Sask Tel, University of Saskatchewan, and University of Regina. There are many other event and program sponsors that assist SHSAA throughout the year, these include: Sport Logo, Jostens, Centaur, Just Volleyball, Skyline Athletics, Yonex, and EntripyShops. All sponsors and links to their websites are available at <https://www.shsaa.ca/page/show/811927-sponsors>.

Sask Sport continues to be the major funder of amateur sport in Saskatchewan and fortunately, SHSAA can access this generosity. Funding for SHSAA and for member assistance is provided on an annual basis and serves as one of the three financial cornerstones for the Association.

The leadership of the Executive Council remains intact with Val Gordon moving into her last year as President, Shelley Sargent continuing as LEADS representative, and Donna Banks fulfilling her role as Saskatchewan School Boards Association representative. Like last year, there are four new faces joining the Executive including: Al Wandler (Section 1 – Assiniboia), Nathan Noble (Section 3 – Meath Park), Kelly Adams (Regina – Campbell), and Graham Comfort (Officials' – Nipawin). These four individuals join the following four board members who are entering their second year: Ryan Fowler (Section 2 – Weyburn), Darren Nordell (Section 4 – Edam), Kirby Frey (Saskatoon – Bethlehem), and Shannon Stephenson (Women's – Outlook). Leaving the Executive are four individuals who have unselfishly provided tremendous leadership for our organization these past four years; thank you to: Jeff Kitts (Section 1 – Moose Jaw), Barry Croshaw (Section 3 – Watrous), Lance Ford (Regina – Winston Knoll), and Scott Cory (Officials' – Hanley).

At the June AGM, the Provincial Council was asked to consider three forward planning/thinking ideas in addition to the regular sport specific and resolution discussion that occurs. The conversation was very productive and provided positive feedback about the objectives and goals of school sport. Multi-sport participation, developing the skills of citizenship, and keeping an educational perspective at the forefront of what happens in our Association were common themes during the discussions. We need to understand, respect, and appreciate the objectives of sport specific groups but as has been said many times we must also understand, respect, and appreciate what makes school sport unique from community/club sport. The Canadian Olympic Committee has recently produced a promotional piece on the importance of multi-sport participation and the dangers of improper sport specialization. Please check out the following link and share with others <https://playmoresports.activeforlife.com/>.

I sincerely look forward to my travels around the province this year. The meetings, presentations, and championships are true highlights in our yearly calendar. The opportunity to work with each of you is what makes the job so rewarding and is what continues to humble me as I serve the membership and students of our province.



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AGM Recap

The South East District hosted the 2018 SHSAA AGM held in Moosomin from June 20-22, 2018. South East Commissioner of Athletics, Fred Jerred, and all of those involved in hosting are to be commended on providing a well organized and welcoming atmosphere for SHSAA to conduct its annual review, forward planning, and recognition of peers that occurs at the conclusion of each school sport year.

A document produced for this year's Merit Award Banquet included a historical look at 70 years of school sport in Saskatchewan including acknowledgement of past Merit Award Winners. The document is available on the SHSAA website at https://cdn3.sportngin.com/attachments/document/bc93-1599772/Merit_History.pdf. Many former Merit Award recipients were able to attend the banquet and welcome the three new members to Merit Award Honour Roll. Jeff Kitts organized a new format for the presentation of Service Awards that included a video tribute to each Service Award recipient. The format was very well received and the Executive hopes to continue the video tributes at future AGM award presentations.

Thursday morning provided some very meaningful discussion on three forward planning topics developed by the Executive Council. The Provincial Council was divided into 5 groups and presented with the following discussion topics:

- ❖ SHSAA Activities Review
- ❖ Outside Influences on School Sport
- ❖ Jr. Varsity Programming

The Executive Council will review the discussion notes from these three topics as well as from Thursday afternoon's 10 sport specific groups as they look to establish initiatives for the upcoming year.

All documents from the AGM can be accessed at <http://www.shsaa.ca/page/show/1010523-agm-info-and-resolutions>. Included are the Activity Report (https://cdn2.sportngin.com/attachments/document/fca8-1578259/ACTIVITY_REPORT_2017-2018_final.pdf) and the results of voting on each resolution (https://cdn3.sportngin.com/attachments/document/d1cd-1584380/SHSAA_AGM_Resolutions_2018_FINAL.pdf).

A quick review of resolution results is as follows:

- Out of province transfers must be filed with SHSAA office
- Transfer policy applies to activities participated in previous year (specific schools not a factor)
- Joint Sponsorships can now be renewed for a new three-year term at any point during agreement
- Classification for Cross Country and Track & Field adjusted for one year
- Classification in 2019-2020 will be based on total eligible students. Schools will be classified rather than activities being classified by gender.
- Statement on the prohibited use of Cannabis during SHSAA competition
- Listening devices during competition are not allowed
- Reminder that supervision of students supersedes any sport specific rulings dealing with player ejections and removal from competition area
- Golf
 - i. Team event will be eliminated as of 2019-2020
- Soccer
 - i. 7v7 restricted to schools with less than 100 of a specific gender
 - ii. Shortened halves (40 minutes) for 11v11 when a team is playing more than one game per day (i.e. day one of 8 team provincial championship)
- Football
 - i. Amendment to defenseless player rule – forcibly hitting anywhere on the body without attempting to use tackling technique
 - ii. Several rule changes that should be noted by officials and coaches – check SHSAA website Football activity pages <https://www.shsaa.ca/page/show/948235-football>



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- Curling
 - i. Payment for official at regional competition
- Wrestling
 - i. Challenge process will now follow rule book with no amendments (i.e. no athlete approval needed and loss of point for unsuccessful challenge)
 - ii. Tournaments may now charge an entry fee no greater than \$20/wrestler
- Basketball
 - i. Increase in officiating rates
 - ii. New HOOPLA rotation
 - iii. New representation in 5A classification dependent on host site
 - iv. 5A HOOPLA draw will be seeded
 - v. \$100 fine for dunking during warm-up at HOOPLA
- Track & Field
 - i. 1500m run as one section
 - ii. Districts allowed two entries per category (jr. and sr.) for Quad event

Open Bids

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

2019 - 2020

**Bids due by November 23, 2018

1A Girls Volleyball

2A Girls Volleyball

5A Girls Volleyball

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 no later than the Presidents' meeting in December, after which time all championships in 2019 - 2020 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.

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:

Randy Clark, Qu'Appelle Valley
Blake Buettner, South Central
Renee Verge, South Central

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

Vic Stynsky	Battle West	Dean Harcourt	Qu' Appelle Valley
Ralph Epp	Central Valley	Lance Ford	Regina
John Svenson	East Central	Mark Andrews	Saskatoon
Ricky Block	Horizon Central	Derrick Huschi	South Central
Shannon Vey	North Central	Jackie Verity	South East
Kelly Simpson	North East	Adam Jackson	South West
Ken Morrell	North West	Lance Morrison	West Central



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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:

2018 SHSAA Outstanding Coach & Official Awards

DISTRICT	MALE COACH	FEMALE COACH	OFFICIAL
<i>Battle West</i>	Jamie Sommerfeld	North Battleford	Keith Wilson Unity
<i>Central Valley</i>	Ron Sigstad	Hepburn	Dennis Friesen Dalmeny
<i>East Central</i>	Heath Morin	Norquay	Taryn Dubriel Yorkton
<i>Horizon Central</i>	David Millette	Humboldt	Paul Raycroft Humboldt
<i>North Central</i>	Lindsay Strachan	PA Carlton	Kent Arpin PA Carlton
<i>North East</i>	Dwight Wrubleski	Naicam	Jerome Linnell Melfort
<i>North West</i>	Anthony Kytwayhat	Island Lake	Jason Stein Turtleford
<i>Qu' Appelle</i>	Chris Exner	Lumsden	Sydney Ellis Lumsden
<i>Regina</i>	Jeremy Sundeen	Sheldon-Williams	George Rondeau Regina
<i>Saskatoon</i>	Terry Graham	S'toon Christian	Murray Taylor Saskatoon
<i>South Central</i>	Clayton Menzies	Central Butte	Shirley Johnson Moose Jaw
<i>South East</i>	Darren Abel	Weyburn	Rob Andrist Estevan
<i>South West</i>	Gerry Dempsey	Swift Current	Megan Jackson Swift Current
<i>West Central</i>	Michael Houlst	Eatonia	Trevor Drury Outlook

Coach Education Reminders and Requirements

Over the past few 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 (RiS) for Activity Leaders 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 for 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.

There is now an easy and quick way for coaches who have already taken RiS to access their certification number; please use the following link: <https://validation.respectgroupinc.com>. Simply enter your name and date of birth and the validation tool will recall your certificate number.

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

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

Concussion Protocol

Every coach involved in school sport needs to complete the on-line concussion course "Concussion in Sports - What you need to know". There is no cost to register and you complete the course through schoolcoach.ca. At the end of the course, each individual is provided with a printable certificate. The certificate number for each coach should be entered into the coach information section for each E-5.

An updated SHSAA Concussion Protocol including resources and information on how to access the on-line course can be found on the SHSAA Website at:

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



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An on-line concussion course designed for students is now available through <https://nfhslearn.com/>. This is not a mandatory course but the SHSAA is encouraging schools to provide this information to their student athletes so that concussion awareness and student safety becomes a maintained priority for our Association.

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" available at schoolcoach.ca. The course 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. Please contact the SHSAA office (shsaa@shsaa.ca) to become a registered user.

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 have an out of province team involved in a competition that you are hosting, you should check the Sanctioned Tournaments listed on the SHSAA website at <http://ext.shsaa.ca/exnet/tournaments.php>. Schools should not attend or host tournaments that are not sanctioned by SHSAA. As a host, it is your responsibility to begin the sanction process by submitting form E-4 (https://cdn4.sportngin.com/attachments/document/0046/1577/E-4_Tournaments.pdf) 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 planning to attend is not listed.

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

School Logos

Many schools have contributed to the depository of school logos. The process began four years ago with the development of the school logo page (<http://www.shsaa.ca/page/show/1405446-school-logos>) on the SHSAA website. Please check the page to see if your school logo appears. Please submit your logo or updated logo to shsaa@shsaa.ca.

Twitter / Facebook / Instagram

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

Forms

All SHSAA forms and due dates are available in the SHSAA Handbook and under Quick Links on the website (<http://www.shsaa.ca/page/show/968456-forms-and-due-dates>). Most of the forms appear in both PDF and Word version. Note that many of the forms have been updated for the 2018-19 school year and forms submitted to SHSAA should be the most current version of the form.



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ExNet

This area of the website is where school information is recorded (school contact, student enrolment, team registration, and student registration). Each school principal has been provided a username and password to access ExNet. 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. Multiple email addresses should be separated by a semi-colon (eg. l.mckellar@shsaa.ca; d.sandomirsky@shsaa.ca)

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 12**. When 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. All fees are to be submitted to the SHSAA office as soon as possible. After September 12, the option to save changes to the School Team Registration Form will not be available - please contact the SHSAA office to make changes after September 12.
2. Create eligibility forms for each team. ***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:
 - a. Coach information including first and last name, phone number, email address, NCCP certification, RiS certification, and Concussion certification
 - b. Intent to participate in SHSAA playoffs – YES/NO
 - c. Joint sponsorship - only joint sponsorships approved by the SHSAA office can be created
 - d. Assistant Coach info: first and last name, NCCP, RiS, and Concussion certification
 - e. Team roster
3. Remember that an E-5 needs to be completed for any team that is participating in competition (regular, season, exhibition, tournament, playoff, etc.). There is an option when registering the team to indicate the intent to participate in SHSAA playoffs. ***A school should register a school representative team before selecting any other Grade 9 - 12 options*** (Jr. Varsity, Blue, Green, "B", Developmental, etc.)
4. The team roster is completed by selecting students from the database that exists for your school. If a student does not appear, add the student using the options shown at the bottom of the eligibility form. **NOTE: THE STUDENT LEARNING NUMBER IS NOW A REQUIRED FIELD.** If an attempt to enter a student is not accepted, please contact the SHSAA office as this would indicate an eligibility or transfer issue.
5. In schools where multiple teams exist in a specific gender activity but there is no option to select multiple teams, all students in grades 9 - 12 that will be representing the school should be listed on the one E-5 created for that activity.
6. If a school is utilizing a home school or distance learning student, the student must be correctly entered into the school's exnet database and form E-18 must be completed and submitted to the SHSAA office.

School Enrolments

School Enrolments are to be submitted into ExNet using the enrolment numbers of September 30, 2018. 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 (see page 34 of the handbook). If you need assistance when completing this information, please contact the SHSAA office. A student that has identified as unspecified will need to be included in the count of the gender with which they have chosen to participate.

To enter the enrolment information, please use the School Enrolment Registration option (under the Registration tab). The ability to save entered information will only be available to schools from **September 28 - October 2**. 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.



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Notices

District Meetings

Each District will be holding fall organizational meetings and it is imperative that each school has 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 and setting 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.

DISTRICT	PRESIDENT	SCHOOL	PHONE	MEETING LOCATION	DATE	TIME
<i>Battle West</i>	Lane Buswell	Spiritwood	883-2183	North Battleford - LOCCSD	August 29	4:15pm
<i>Central Valley</i>	Kelly Wandler	Allan	257-3311	Warman - PSSD Office	August 27	3:00pm
<i>East Central</i>	Dan Alspach	Melville	728-4181	Yorkton Regional	September 5	1:30pm
<i>Horizon Central</i>	Barry Croshaw	Watrous	946-3309	Humboldt Collegiate	August 28	2:00pm
<i>North Central</i>	Rylan Michalchuk	Birch Hills	749-3301	St. Mary High School	August 31	1:00pm
<i>North East</i>	Tim Johnstone	Melfort	752-2891	Tisdale - TMSS Hanover room	September 11	5:00pm
<i>North West</i>	Jay Elder	Lashburn	285-3505	Meadow Lake Carpenter	September 11	2:00pm
<i>Qu' Appelle</i>	Trevor Viergutz	Indian Head	695-3929	Wolseley Town Hall	September 12	5:30pm
<i>Regina</i>	Lance Ford	Winston Knoll	523-3400	Regina Public Board Office	September 20	1:00pm
<i>Saskatoon</i>	Carla Puetz	St. Joseph	659-7650	City Park Collegiate	August 28	7:30am
<i>South Central</i>	Al Wandler	Assiniboia	642-3319	Gravelbourg - Ecole Mathieu	September 6	2:30pm
<i>South East</i>	Nathan Johnson	Estevan	634-4761	Moosomin Convention Centre	August 31	4:00pm
<i>South West</i>	Janna Walker	Swift Current	773-2801	Swift Current Comprehensive	August 30	4:00pm
<i>West Central</i>	Lance Morrison	Dinsmore	846-2188	Rosetown - Sun West SD	August 28	4:00pm

School Sport Week

School Sport Week will be recognized from October 7 - 13, 2018. Promote school sport in our province:

- Plan to have activities that week to recognize individuals and groups that help make school sport possible at your school.
- 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

Everything wraps up with the Provincial Cross-Country championships in Delisle on October 13.

Sport Advisory Groups

This will be the 7th year for SHSAA Sport Advisory Groups. Each group 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. The process for finalizing the 2018 - 2019 Sport Advisory Groups has already begun but 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 14, 2018.

Hotel Room Bookings

In addition to continuing arrangements with Silver Birch Hotels (Saskatoon Radisson & Regina Double Tree Hotel) and Westmont Hospitality Group (Saskatoon, Regina, Swift Current, and Prince Albert Comfort Inns, Regina Quality Hotel, and Regina Delta by Marriott), there have been a number of other hotel groups that have made arrangements with our Association for preferred rates. Please see the SHSAA Accommodations page (<http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>) for links to the hotel groups, booking links, and information about room blocks at the various regional and provincial championships.

Westmont Hospitality and Royal Hotel Group are featured on the current edition of the SHSAA Coaches Card.

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



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SIAAA / CIAAA

The development of this professional organization (Saskatchewan Interscholastic Athletic Administrators Association) continues under the umbrella of the SHSAA. In addition to the hundreds of Saskatchewan athletic directors who have benefited from attending courses and conferences delivered, hosted, and promoted by the SIAAA, there have been numerous individuals from the province that have utilized the courses provided to complete a MSc in Athletic Administration through Grace College. This past year, SIAAA hosted the national CIAAA conference in Regina. The conference was a tremendous success both for the individuals that attended and the CIAAA organization. We hope that the momentum built from this conference will continue as we move forward into another school year with opportunities to enhance the skills of Saskatchewan athletic directors.

Drew Hanson is the Executive Director of the CIAAA. Drew can be reached at drew@ciaaa.ca.

The National Conference for the 2018-19 school year will be held in Canmore from April 25-27, 2019. More information about the conference will be made available as the year progresses.

Additional Professional Development opportunities are always available for those involved in school sport administration. If you are interested in any of the following, please contact our office for more information and assistance:

- School Sport Canada Annual Meetings (Winnipeg) – September 23-26, 2018
- National Athletic Directors Conference (San Antonio) – December 14-18, 2018
- NFHS Summer Meetings (Indianapolis) – June 28-July 2, 2019



SHSAA MAJOR SPONSORS



**Saskatchewan
Credit Unions**





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SHSAA Coaches Card (2017 - 2019)

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 2015-2017 version (Maroon Card) has expired, as of August 31, 2017 and will not be accepted by the card sponsors. The latest version (2017-2019) is now available from the SHSAA office. Fill out the application form available on-line at http://assets.ngin.com/attachments/document/0061/3336/Coaches_Card_Flyer_and_Order_Form_1719_3.pdf 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 **\$12.00 each** and are valid for TWO years (September 1, 2017 - August 31, 2019). Check out the list of sponsors below.

SPONSORS

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

SHSAA

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.

ROYAL HOTEL GROUP

Rates include breakfast. Call hotel directly to make reservation and quote "SHSAA Coaches Card".

Rates not valid for Group Bookings.

Saskatoon:

Quality Inn & Suites - \$115.00

1715 Idylwyld Drive North 1-888-244-5552

Best Western Blairmore \$125.00

306 Shillington Crescent 1-877-999-1004

Best Western Plus East Side \$132.00

3331 – 8th Street East 1-844-882-3331

Regina:

Executive Royal Hotel \$115.00

4025 Albert Street South 1-800-853-1181

Lloydminster:

Royal Hotel \$99.00

5620 – 44th Street 1-800-661-7221

Best Western Plus Meridian \$129.00

1402 – 50th Avenue 1-888-505-8884

Westmont Hospitality Group

*Rates include complimentary hot breakfast.

For Reservations & Group Bookings

Call: 1-866-285-7936 or

Email: Maija.holla@whg.com

***Prince Albert Comfort Inn**

\$104.00 Single / \$109.00 Double

***Regina Comfort Inn**

\$105.00 Single / \$109.00 Double

Regina Quality Hotel

\$94.00 Single / \$99.00 Double

Regina Delta by Marriott

\$139.00 Hotel Contact: 306.565.1666

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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



Risks Associated with Sport Specialization in High School Athletes

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By: Timothy A. McGunie, Ph.D, ATC; David R. Bell, Ph.D, ATC; Eric G. Post, Ph.D, ATC

In recent years, there is an increasing trend toward intense sport-specialized training (sport specialization) among youth and high school athletes. Sport specialization is often characterized as intense, high-volume training in a single sport at the expense of participation in multiple sports.

In response to this trend, numerous national and international medical and sport organizations have released position statements warning against early sport specialization due to the potential for psychological stress and overuse injury. These organizations also called for more research to determine the scope of specialization in various ages and sports, the attitudes that lead to specialization and the increased risk for injury that is associated with sport specialization.

Scope of the Problem?

Determining how many high school athletes actually specialized in a sport was difficult since there was limited, if any, information regarding the issue. Recently, a sport specialization scale has been developed to better classify athletes as low, moderate or high based on their behavior, rather than classifying by the number of sports in which an athlete might participate. The scale consists of three “yes” or “no” questions (Figure 1).

Figure 1. Sport Specialization Scale

Have you quit another sport to focus on one sport?	Yes	No
Do you consider your primary sport more important than your other sports?	Yes	No
Do you train more than eight months a year in your primary sport?	Yes	No

Scores are calculated by a “yes” response being 1 point and a “no” response being 0 points. Specialization level is classified by scores 0-1 being low specialization, 2 being moderate specialization and 3 being high specialization.

Through a series of studies using these questions, we now know that 10 to 38 percent of teenagers who play sports are classified as highly specialized. Females are more likely to specialize compared to males, and school size influences specialization rates with larger high schools more likely to have large numbers of specialized athletes. In addition, some of the highest rates of specialization are in the most popular high school sports of basketball, soccer and volleyball. Finally, 50 percent of high school athletes who specialize in a single sport also participate on a club team in the same sport.

Sport Specialization and Injury

The association of sport specialization and risk of injury has not been well understood for many years. Early research showed that baseball pitchers, tennis players and female runners with specialization behaviors sustained more injuries than their peers. While useful, these studies did not fully capture the full association of sport specialization and increased risk of injury.

In 2016, the NFHS Foundation funded a study to obtain more complete data regarding sport specialization and risk of injury in high school athletes. Researchers found that specialized high school athletes in a wide range of sports were more likely to report sustaining previous lower extremity (foot, ankle, knee, hip) injuries.

Equally important, however, the research team followed these same athletes over the course of an entire school year and recorded all the injuries sustained in every sport in which they participated. They found that moderately specialized athletes had a 50 percent increased risk and highly specialized athletes had an 85 percent increased risk of injury compared to the athletes with a low level of specialization.

While this increased risk was more pronounced for overuse injuries such as tendonitis and stress fractures, it was also found in ankle sprains. Further, the increased risk of injury was present regardless of the sport and the number of competitions they participated in during the previous 12 months.

Sport Specialization Attitudes

As the risks of specialization have become more well-known, parents and coaches have grown increasingly concerned about sport specialization. Recent surveys have found that the majority of parents and coaches are highly concerned about specialization. So, why is specialization still increasingly common?

While parents and coaches both believe that specialization increases the risk of injury, the majority of youth athletes (68%) believe specializing will increase their chances of making a college team. Even more concerning, 82 percent of youth athletes



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believe specialization is necessary just to make their high school team. Specialization is not just about getting a college scholarship, it's about just getting playing time at their high school with their peers. On the other hand, surveys of high school coaches indicate that the overwhelming majority (94.4%) of coaches believe that playing a variety of sports will increase a student's athletic ability.

Clearly, there is a large gap between the beliefs of youth athletes and the beliefs of parents and coaches regarding the benefits and consequences of specialization. Thankfully, recommendations exist to help reduce the risks of sport specialization. These recommendations are that youth athletes should not participate:

- In a single sport for more than eight months per year
- In more organized sports per week than their age (i.e., a 16-year-old athlete should not participate in more than 16 hours of organized sport activity per week)
- In multiple leagues of the same sport at the same time

However, these recommendations are not well known. Recent research indicates that between 75 and 80 percent of parents and coaches are not aware of these recommendations.

Moving Forward

The increased trend for sport specialization in high school athletes is a growing concern. Everyone involved in youth sports and high school sports needs to make a concerted effort to communicate safe sport participation recommendations to parents and young athletes. Administrators need to stress that while athletes may want to specialize, doing so increases the risk the athlete will sustain an injury.

Further, high school coaches play an influential role in the sport participation decisions made by high school athletes. Therefore, providing coaches with the knowledge to educate parents and athletes regarding the risks associated with sport specialization can improve sport safety by reducing immediate injury risk. More importantly, however, it will also protect against the lifelong effects that a sports injury sustained during adolescence can have on physical activity and health in adulthood.

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2018 PROVINCIAL GOLF

1. **ENTRIES:** Please submit entries by email to event commissioner and SHSAA office on or before **Sunday, September 16, 2018**. Provincial entry forms are 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, they may be entered in the provincial tournament for the individual competition.*
 - ❖ *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 12, 2018**.
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 (<http://www.shsaa.ca/page/show/992561-golf>) for more details regarding the golf championships.
4. **TEAMS**

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.
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 GOLF CHAMPIONSHIP

SITE: North Battleford Golf & Country Club (#1, Riverside Road, NB, SK, S9A 2Y3)

DATES: September 21 - 22, 2018

COMMISSIONER: Andrew Sneddon, North Battleford Comprehensive High School
Phone: 306-481-4157
Email: andrew.sneddon@lskysd.ca

ACCOMMODATIONS: Information is posted at:
<http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>.

SCHEDULE:

Thursday:

Practice times arranged through golf course at 306-937-5653; \$24.00 for athletes

Friday:

Registration - 8:00am; Range - 8:15am; Coaches' Meeting - 9:30am; Opening Ceremonies - 10:15am; Players' Meeting - 10:25am; Shotgun start - 11:00am

Saturday:

Range - 7:50am; Players' Meeting - 8:40am; Shotgun start - 9:00am

MISCELLANEOUS:

Driving Range will be open at 8:15am: \$6 (small bucket) and \$12 (large bucket). Food at clubhouse available for purchase throughout the competition. 30 pull carts available for rental at \$8.00/day.



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2018 PROVINCIAL CROSS COUNTRY

PROVINCIAL SITE:

Delisle Golf Course

DATE:

Saturday, October 13, 2018

1. ENTRIES:

Senior – 16 and over as of August 31st, 2018

Junior – under 16 as of August 31st, 2018

Midget – under 15 as of August 31st, 2018

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** (Kirk Schlosser – kirk.schlosser@spiritsd.ca) and the **SHSAA office** (dave@shsaa.ca) before **October 9, 2018**.

Please Note:

Substitutions for original entries are accepted until 4:00pm October 10, 2018 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.

2. ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Cross Country are due on or before **September 19, 2018**. 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:

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

5. LOCAL DETAILS:

Information, maps, and virtual tours will be posted at <http://www.shsaa.ca/page/show/992558-cross%20country> as they become available.

COMMISSIONER:

Kirk Schlosser
Delisle Composite School

Phone: 306-493-2433

Email: kirk.schlosser@spiritsd.ca

6. COMPETITION:

Order of races:

Midget Girls	3000 m - 12:00pm
Midget Boys	3000 m - 12:25pm
Junior Girls	4000 m - 12:50pm
Junior Boys	4000 m - 1:15pm
Senior Girls	4000 m - 1:40pm
Senior Boys	5000 m - 2:05pm

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

Athletes registration: 9:00 – 10:00am

Opening Ceremonies: 10:00am

Course familiarization walk: 10:15am

Coaches Meeting: 11:15am

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

4A: 501 or more students (gr. 9-11 projections)

3A: 201 to 500 students (gr. 9-11 projections)

2A: 61 to 200 students (gr. 9-11 projections)

1A: 1 to 60 students (gr. 9-11 projections)

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

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

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.



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2018 PROVINCIAL SOCCER

SPORT SPECIFICS:

Please refer to the SHSAA handbook (<https://www.shsaa.ca/page/show/964576-constitution-bylaws-policies-activity-policy>) 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 19, 2018**. 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 19 - 20, 2018.

Regions for soccer will be created following the E-5 date, September 19, 2018. The projected classifications are listed below and posted on the website (<https://www.shsaa.ca/page/show/992562-soccer>). The lists will be subject to change based on registration of teams this year. Districts will be notified regarding Regional hosting responsibilities after September 19, 2018. 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 11, 2018:*** <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, 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 26 - 27, 2018.

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 - Chief Poundmaker (Host in North Battleford)

Commissioner: Gord Pepple 306-398-4966

3A Boys - Saskatoon

Commissioner: Brian Thorstad 306-683-8249

1A Girls - Middle Lake

Commissioner: Trevor Otsig 306-367-2122

2A Girls - Greenall (Host in Regina)

Commissioner: Ryan Harding 306-771-2566

3A Girls - PA Carlton

Commissioner: Nicole Bourlon 306-421-8441

Accommodations: Information, as it becomes available, will be posted at:

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

REMEMBER TO SEND IN YOUR SEEDING FORM BY OCTOBER 11, 2018: 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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2018 SOCCER CLASSIFICATIONS (AS OF AUGUST 20, 2018)

Schools are shown by classification only. Regions will be created following the September 19th eligibility for soccer. The regions may be revised following the September 30th enrolment declarations, and the October 10th withdrawal deadline.

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

BOYS

1A BOYS			
(7V7) (1-100)	Sakewew- BW Maymont - BW Cst. Robin Cameron- CV Osler VCA - CV Rosthern JC - CV	Stobart - CV Waldheim - CV Lake Lenore- HC Middle Lake- HC	Muenster- HC Ahtahkakoop - NC Patuanak- NW Herbert - SW
2A BOYS			
(1-250)	NB John Paul II - BW Poundmaker - BW Martensville - CV Sacred Heart - EC Humboldt - HC Se Se Wa Hum - NC Eagleview - NW	Balfour - RG Johnson - RG Luther - RG Riffel - RG Fort Qu'Appelle - QV Kipling - QV	Notre Dame - QV MJ Central - SC MJ Peacock - SC MJ Vanier - SC Moosomin - SE LCBI/Outlook - WC
3A BOYS			
(>250)	Yorkton Regional - EC PA Carlton - NC PA St. Mary - NC Balgonie Greenall - QV Weyburn - SE Swift Current - SW	Campbell - RG LeBoldus - RG Martin - RG Miller - RG O'Neill - RG Sheldon Williams - 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) (1-100)	Chief Little Pine - BW Maymont - BW Cst. Robin Cameron- CV Dalmeny - CV Osler VCA - CV	Rosthern JC - CV Stobart - CV Waldheim - CV Lake Lenore - HC Middle Lake - HC	Muenster - HC Ahtahkakoop - NC Caronport - SC Herbert - SW
2A GIRLS			
(1-250)	NB John Paul II - BW Martensville - CV Warman - CV Sacred Heart - EC Humboldt - HC Se Se Wa Hum - NC	Meadow Lake - NW Balgonie Greenall - QV Notre Dame - QV Luther - RG Martin - RG Sheldon Williams - RG	Bishop Mahoney - ST MJ Central - SC MJ Peacock - SC MJ Vanier - SC Estevan - SE Moosomin - SE
3A GIRLS			
(>250)	Yorkton Regional - EC PA Carlton - NC PA St. Mary - NC Holy Rosary - NW Weyburn - SE Swift Current - SW	Balfour - RG Campbell - RG LeBoldus - RG Miller - RG O'Neill - RG Riffel - RG Thom - RG Winston Knoll - RG	Aden Bowman - ST Centennial - ST Evan Hardy - ST Holy Cross - ST Marion Graham - ST St. Joseph - ST Walter Murray - ST



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2018 PROVINCIAL FOOTBALL

ELIGIBILITY: Student athlete eligibility forms (**Form E-5**) for Football are due prior to the first game or before September 19, 2018, whichever comes first. 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 or on the football activity page on the SHSAA website (<http://www.shsaa.ca/page/show/948235-football>); 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 a conflict in color occurs and only one team has a second set of uniforms, then that team would be responsible for changing uniforms. If both teams have a second set of uniforms or neither team has a second set of uniforms, it is the responsibility of the visiting team to change uniforms or find an alternate uniform if there has been at least four days' notice given prior to the respective game day.

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

FOOTBALL CONFERENCES 2018

1A 6-MAN (1-50)	CONFERENCE 1 Ituna/Keliher – HC Raymore – HC Cupar – QV Kahkewistahaw – QV Lemberg – QV Milestone – QV Southey – QV	CONFERENCE 2 Hafford – BW Kerrobert – BW Eatonia – WC Plenty – WC	CONFERENCE 3 Hanley – CV Central Butte – SC Gull Lake – SW LCBI – WC	CONFERENCE 4 Kamsack – EC Preeceville – EC St. Brieux – HC Carrot River – NE Hudson Bay – NE Porcupine Plain – NE
2A 6-MAN (>50)	CONFERENCE 1 Sandy Bay – NC Charlebois – NE Creighton – NE Beauval – NW La Loche – NW Pinehouse Lake – NW	CONFERENCE 2 Macklin – BW Unity – BW Clavet – CV Dalmeny – CV Biggar – WC	CONFERENCE 3 Lanigan – HC Viscount – HC Watrous – HC Wynyard – HC Assiniboia – SC Caronport – SC Davidson – WC	CONFERENCE 4 Hague – CV Rosthern – CV Wakaw – HC Ahtahkakoop – NC Big River – NC Birch Hills – NC Shellbrook – NC
9-MAN (86-250)	CONFERENCE 1 Humboldt – HC 3A Churchill – NC 3A Melfort – NE 3A Nipawin – NE 2A Tisdale – NE 2A	CONFERENCE 2 Fort Qu'Appelle – QV 3A Indian Head – QV 2A Lumsden – QV 3A Notre Dame – QV 3A Maple Creek – SW 2A Shaunavon – SW 2A	CONFERENCE 3 Esterhazy – EC 3A Melville – EC 2A Sacred Heart – EC 2A Foam Lake – HC 2A Broadview – QV 3A	CONFERENCE 4 John Paul II – BW 3A Delisle – CV 2A Martensville – CV 3A Meadow Lake – NW 3A Kindersley – WC 3A Rosetown – WC 2A
3A 12-MAN (≤325)	SASKATOON North Battleford – BW Bedford Road – ST Bishop Mahoney – ST Evan Hardy – ST Marion Graham – ST Mount Royal – ST	REGINA Balgonie – QV Balfour – RG Johnson – RG Luther – RG Martin – RG Sheldon Williams – RG **Thom – 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 Aden Bowman – ST Bethlehem – ST Centennial – ST	Holy Cross – ST St. Joseph – ST Tommy Douglas – ST Walter Murray – ST	Campbell – RG *LeBoldus – RG Miller – RG	*O'Neill – RG *Riffel – RG Winston Knoll – RG



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2018 PROVINCIAL VOLLEYBALL

This information will include all preliminary material that teams need for the volleyball playoffs leading to the provincial championship. Templates 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 by October 24, 2018**. Include results of all matches played up to that date. Games played after the due date may be submitted to the SHSAA office to be used in the seeding process.
- All provincial tournaments (1A – 5A) will follow the ten-team 2 pools – 2 courts schedule found in the SHSAA handbook or at: <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** as made available by the host site and room blocks by SHSAA 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 website (<https://www.shsaa.ca/page/show/1084069-shsaa-volleyball-results>) 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 three (3) regions for classifications with 54 or less teams. For classifications of 55 teams or more, distribution of teams will be into four (4) regions. Regions with nine or more teams will be divided into conference tournaments as determined by the SHSAA office with two or more teams advancing from each conference tournament to the regional tournament. Regions with eight or fewer teams entered will advance directly to a regional playoff with no conference playoff conducted.

The projected conferences and regions have been listed later in the newsletter 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, 2018, enrolment declarations are to be completed by the school; schools that change classification will be 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 from each pool 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 3, 2018. Conference playoffs for boys will be held on November 10, 2018. ***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 previously noted, 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 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 representatives to advance to the provincial tournament.

REGIONAL DATES:

5A Boys and Girls **Nov 9-10, 2018**

1A, 2A, 3A, 4A Girls **Nov 10, 2018**

1A, 2A, 3A, 4A Boys **Nov 17, 2018**

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 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 qualifying teams.

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

PROVINCIAL CHAMPIONSHIP

Provincial Tournaments will consist of ten teams in all categories, decided in the following manner:

- 1) The host team
- 2) In 1A-4A classifications comprised of only three regions, the top three teams from each of the three regional tournaments will advance to the provincial championship.
- 3) In 1A-4A classifications comprised of four regions, the top two teams from each of the four regional tournaments will advance to the provincial championship. In addition, the third-place team from the region of the previous year's gold medalist will advance to the provincial championship.
- 4) In the 5A classification, the provincial championship will consist of ten teams. The top two teams from Regina and Saskatoon along with the top three teams from each North and South Regional will constitute the tens teams. When Regina or Saskatoon hosts the provincial tournament, they receive a maximum of two entries.

Information on each provincial championship event is listed below:

PROVINCIAL DATES: **5A Boys and Girls** **November 16 - 17, 2018**

1A, 2A, 3A, 4A Girls **November 16 - 17, 2018**

1A, 2A, 3A, 4A Boys **November 23 - 24, 2018**



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2018 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

"5A" GIRLS

Host School: Holy Cross High School (2 gyms)
Commissioner: Brian Thorstad
Phone: (306) 683-8249
Fax: (306) 657-3964
Email: ThorstadB@spsd.sk.ca
Team Entry: 10 Teams: Three teams from north region, Three teams from south region, Two teams from Saskatoon, Two teams from Regina.

"4A" GIRLS

Host School: Clavet Composite School (2 gyms)
Commissioner: Brian Matisz
Phone: (306) 933-1022
Fax: No Fax
Email: craig.reinhardt@spiritsd.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

"3A" GIRLS

Host School: Carrot River High School
Second Site: Carrot River Elementary School
Commissioner: Cory Schmaltz
Phone: (306) 768-2433
Fax: No Fax
Email: schmaltz.cory@nesd.ca
Team Entry: 10 Teams: Host school, the top Two teams from the four regions & a third team from region with 2017 Gold Medalist (Wakaw).

"2A" GIRLS

Host School: Medstead Central School
Second Site: Spiritwood High School
Commissioner: Stacy Hill
Phone: (306) 342-4600
Fax: (306) 342-4994
Email: stacy.hill@lskysd.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

"1A" GIRLS

Host School: Fox Valley School
Second Site: Maple Creek Composite School
Commissioner: Pat Wilde
Phone: (306) 666-2144
Fax: (306) 666-2115
Email: pwilde@chinooksd.ca
Team Entry: 10 Teams: Host school, the top Two teams from the four regions & a third team from region with 2017 Gold Medalist (Rose Valley).

"5A" BOYS

Host School: École St. Mary High School (Prince Albert)
Second Site: Sask Polytechnic
Commissioner: Rene Quintal
Phone: (306) 953-7544
Fax: (306) 763-0399
Email: rene.quintal@pacsds.ca
Team Entry: 10 Teams: Two teams from north region plus the host school, Three teams from south region, Two teams from Saskatoon, Two teams from Regina.

"4A" BOYS

Host School: Melville Comprehensive School
Second Site: St. Henry Sr. Elementary School
Commissioner: Dan Alspach
Phone: (306) 728-4181
Fax: (306) 728-4742
Email: Daniel.Alspace@gssd.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

"3A" BOYS

Host School: Carnduff Education Complex
Second Site: Oxbow Prairie Horizon School
Commissioner: Ryan Nichols
Phone: (306) 482-3491
Fax: No Fax
Email: Ryan.Nichols@secpsd.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

"2A" BOYS

Host School: Kinistino School
Second Site: Melfort Comprehensive
Commissioner: Trent Rumpel
Phone: (306) 864-2252
Fax: (306) 864-3430
Email: TRumpel@srsd119.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

"1A" BOYS

Host School: Three Lakes School (Middle Lake)
Second Site: Lake Lenore School
Commissioner: Trevor Otsig
Phone: (306) 367-2122
Fax: (306) 367-2443
Email: trevor.otsig@horizonsd.ca
Team Entry: 10 Teams: Host school and the top Three teams from the three regions.

REMEMBER TO SEND IN YOUR SEEDING FORM BY OCTOBER 24, 2018

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



2018 VOLLEYBALL CONFERENCES - BOYS (As of Aug 20, 2018)

- eligibility for volleyball, September 30th enrollment declaration, and October 10th withdrawal deadline for volleyball.
- For 1A - 4A Boys: Conferences will be held on Sat, Nov 10 (and Fri, Nov 9, if required); Regionals will be held on Sat, Nov 17 (and Fri, Nov 16 if required); Provincials will be held on Fri, Nov 23 and Sat, Nov 24.
- For 5A Boys: Regionals will be held on Sat, Nov 10 (and Fri, Nov 9, if required); Provincials will be held on Fri, Nov 16 and Sat, Nov 17.
- All conferences will advance the bracketed number of teams to the regional tournament. In regions with 8 or fewer teams, all teams will participate in the regional tournament.

4A BOYS	WEST REGION Host: NW				EAST REGION Host: NC				SOUTH REGION Host: QV			
(51-150)	HOST	CONFERENCE 1	HOST	CONFERENCE 1	HOST	CONFERENCE 1	HOST	CONFERENCE 1				
	BW	Unity - BW	NE	Keethanow - NC	QV	Fort Qu' Appelle - QV						
	(3)	Eagleview - NW	(3)	Sandy Bay - NC	(3)	Lumsden - QV						
		La Loche - NW		S. Myles Venne - NC		Assiniboia - SC						
		Kindersley - WC		Nipawin - NE		MJ Riverview - SC						
				Tisdale - NE		MJ Vanier - SC						
	HOST	CONFERENCE 2	HOST	CONFERENCE 2	HOST	CONFERENCE 2						
	ST	Dalmeny - CV	EC	Sturgis - EC	SE	Esterhazy - EC						
	(3)	Osler VCA - CV	(3)	Humboldt - HC	(3)	*Melville - EC						
		ST Christian - ST		Imperial - HC		Sacred Heart - EC						
		Outlook - WC		Wadena - HC		Balcarres - QV						
		Rosetown - WC				Carlyle - SE						
5A BOYS	NORTH REGION				REGINA				SASKATOON			
(>150)		NB John Paul II - BW		Campbell		Aden Bowman		Yorkton Regional - EC				
		NB Comprehensive - BW		LeBoldus		Bethlehem		Balgonie - QV				
		Warman - CV		Martin		Bishop Mahoney		MJ Central - SC				
		PA Carlton - NC		Miller		Centennial		MJ Peacock - SC				
		*PA St. Mary - NC		O'Neill		ED Feehan		Estevan - SE				
		Melfort - NE		Riffel		Evan Hardy		Weyburn - SE				
		Meadow Lake - NW		Thom		Holy Cross		Swift Current - SW				
						Marion Graham						
						Mount Royal						
						St. Joseph						
						Tommy Douglas						
						Walter Murray						

Provincial Tournaments will consist of ten teams in all categories, decided in the following manner:

- 1) The host team (designated by *)
- 2) In 1A-4A classifications comprised of only three regions, the top three teams from each of the three regional tournaments will advance to the provincial championship.
- 3) In 1A-4A classifications comprised of four regions, the top two teams from each of the four regional tournaments will advance to the provincial championship. In addition, the third-place team from the region of the previous year's gold medalist will advance to the provincial championship.
- 4) In the 5A classification, the provincial championship will consist of ten teams. The top two teams from Regina and Saskatoon along with the top three teams from each North and South Regional will constitute the tens teams. When Regina or Saskatoon hosts the provincial tournament, they receive a maximum of two entries.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2018 VOLLEYBALL CONFERENCES - GIRLS (As of August 20, 2018)

- Conferences and Regions listed below are tentative. The groupings may be revised following the September 19th eligibility for volleyball, September 30th enrollment declaration, and October 10th withdrawal deadline for volleyball.
- Conferences will be held on Sat, Nov 3 (and Fri, Nov 2, if required); Regionals will be held on Sat, Nov 10 (and Fri, Nov 9 if required); Provincials will be held on Fri, Nov 16 and Sat, Nov 17.
- All conferences will advance the bracketed number of teams to the regional tournament. In regions with 8 or fewer teams, all teams will participate in the regional tournament.

1A GIRLS		NORTH REGION Host: NC		WEST REGION Host: SW		EAST REGION Host: HC		SOUTH REGION Host: QV		
(1-20)	HOST NW (2)	CONFERENCE 1	HOST SW (2)	CONFERENCE 1	HOST NE (2)	CONFERENCE 1	HOST QV (2)	CONFERENCE 1		
		Edam - NW		Consul - SW		Arborfield - NE		Broadview - QV		
		Glaslyn - NW		Eastend - SW		Annaheim - HC		Kahkewistahaw - QV		
		Goodsoil - NW		Frontier - SW		Englefeld - HC		Kakisiwew - QV		
		Hillmond - NW		Herbert - SW		Leroy - HC		Lemberg - QV		
		Loon Lake - NW		Hodgeville - SW		Muenster - HC		Peepeekisis - QV		
		Neilburg - NW		Ponteix - SW		Quill Lake - HC		Whitewood - QV		
	HOST CV (2)	CONFERENCE 2	HOST SC (2)	CONFERENCE 2	HOST ST (2)	CONFERENCE 2	HOST QV (2)	CONFERENCE 2		
		Leoville - BW		Paskwa - QV		Allan - CV		Nakoda Oyade - QV		
		Maymont - BW		Avonlea - SC		Colonsay - CV		Wolseley - QV		
		Borden - CV		Gravelbourg - SC		Vonda - CV		Fillmore - SE		
		Perdue - CV		Rouleau - SC		Bruno - HC		Midale - SE		
		Canwood - NC		Yellow Grass - SE		Legacy Christian - ST		Stoughton - SE		
	HOST SW (2)	CONFERENCE 3	HOST SC (2)	CONFERENCE 3	HOST HC (2)	CONFERENCE 3	HOST SE (2)	CONFERENCE 3		
		Cabri - SW		Bengough - SC		Imperial - HC		Arcola - SE		
		*Fox Valley - SW		Coronach - SC		Central Butte - SC		Bellegarde - SE		
		Hazlet - SW		Rockglen - SC		Craik - SC		Manor - SE		
		Eston - WC		Gladmar - SE		Eyebrow - SC		Maryfield - SE		
		Plenty - WC		Ogema - SE		Kenaston - WC		Whitebear - SE		
						Loreburn - WC		Wawota - SE		
	2A GIRLS		WEST REGION Host: WC		EAST REGION Host: NE		SOUTH REGION Host: EC			
	(21-30)	HOST BW (2)	CONFERENCE 1	HOST HC (2)	CONFERENCE 1	HOST SC (2)	CONFERENCE 1			
			*Medstead - BW		Stobart - CV		Milestone - QV			
Buffalo Narrows - NW			St. Brieux - HC		Vibank - QV					
Chief Napew - NW			Birch Hills - NC		E. Mathieu - SC					
St. Walburg - NW			Meath Park - NC		Mankota - SC					
Thunderchild - NW			Cumberland House - NE		Beechy - WC					
Waterhen - NW										
HOST SW (2)		CONFERENCE 2	HOST NE (2)	CONFERENCE 2	HOST HC (2)	CONFERENCE 2				
		Kerrobert - BW		Hanley - CV		Ituna - HC				
		Little Pine - BW		Kawacatoose - HC		Strasbourg - HC				
		Luseland - BW		Middle Lake - HC		Cupar - QV				
		Leader - SW		Raymore - HC		Kelliher - QV				
		Eatonia - WC		Naicam - NE		Lipton - QV				
						Payepot - QV				
HOST CV (2)		CONFERENCE 3	HOST EC (2)	CONFERENCE 3	HOST SE (2)	CONFERENCE 3				
		Hafford - BW		Chief Cote - EC		Churchbridge - EC				
		Asquith - CV		Norquay - EC		Cowessess - QV				
		Blaine Lake - CV		Preeceville - EC		Grenfell - QV				
		Hague - CV		Kelvington - HC		Montmartre - QV				
		Langham - CV		Rose Valley - HC		Rocanville - SE				

In 1A Girls, the **North** region advances two teams to the provincial championship in addition to the provincial host (Fox Valley). The **East** region, 2017 silver medal region (Englefeld) (Rose Valley is projected as 2A), will also advance three teams to the provincial tournament.

In 2A Girls, the provincial tournament will consist of the provincial host (Medstead) and the top three teams from each region.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2018 VOLLEYBALL CONFERENCES - GIRLS (As of August 20, 2018)

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- All conferences will advance the bracketed number of teams to the regional tournament. In regions with 8 or fewer teams, all teams will participate in the regional tournament.

teaming; all teams will participate in the regional tournament.									
3A GIRLS		NORTH REGION Host: NC		WEST REGION Host: NW		EAST REGION Host: HC		SOUTH REGION Host: HC	
(31-50)	HOST NE (2)	CONFERENCE 1	HOST NW (2)	CONFERENCE 1	HOST HC (2)	CONFERENCE 1	HOST CV (2)	CONFERENCE 1	
		S. Allen Bird - NC		Beauval - NW		Foam Lake - HC		Delisle - CV	
		Shellbrook - NC		Buffalo River - NW		Punnichy - HC		E Canadienne - ST	
		Sturgeon Lake - NC		Canoe Lake - NW		Wadena - HC		ST Christian - ST	
		Creighton - NE		Ile-a-la-Crosse - NW		Wynyard - HC		LCBI - WC	
		Pinehouse - NW	Southey - QV	Outlook - WC					
	HOST CV (2)	CONFERENCE 2	HOST NW (2)	CONFERENCE 2	HOST QV (2)	CONFERENCE 2	HOST WC (2)	CONFERENCE 2	
		Cst. R. Cameron - CV		Island Lake - NW		Canora - EC		Lanigan - HC	
		Hepburn - CV		Makwa - NW		Kamsack - EC		Watrous - HC	
		Osler VCA - CV		Paradise Hill - NW		Langenburg - EC		Harvest City - RG	
		Rosthern JC - CV		Pierceland - NW		Balcarres - QV		Davidson - WC	
		Waldheim - CV	Turtleford - NW	Indian Head - QV					
	HOST HC (2)	CONFERENCE 3	HOST WC (2)	CONFERENCE 3	HOST QV (2)	CONFERENCE 3	HOST SW (2)	CONFERENCE 3	
		Wakaw - HC		Macklin - BW		Kipling - QV		Caronport - SC	
		Kinistino - NC		Wilkie - BW		Carlyle - SE		MJ Cornerstone - SC	
		*Carrot River - NE		Lashburn - NW		Lampman - SE		MJ Riverview - SC	
		Hudson Bay - NE		Biggar - WC		Redvers - SE		Gull Lake - SW	
		Porcupine Plain - NE					Shaunavon - SW		
4A GIRLS		NORTH REGION Host: NE		WEST REGION Host: BW		EAST REGION Host: SE			
(51-150)	HOST NC (2)	CONFERENCE 1	HOST NC (3)	CONFERENCE 1	HOST RG (3)	CONFERENCE 1			
		Churchill - NC		Spiritwood - BW		Fort Qu' Appelle - QV			
		Keethanow - NC		Ahtahkakoop - NC		Lumsden - QV			
		S. Myles Venne - NC		Eagleview - NW		Notre Dame - QV			
	HOST NE (2)	CONFERENCE 2	HOST WC (3)	CONFERENCE 2	HOST EC (3)	CONFERENCE 2			
		PACI - NC		Jonas Samson - NW		RG Christian - RG			
		Melfort - NE		Maidstone - NW		Assiniboia - SC			
		Nipawin - NE		Unity - BW		Esterhazy - EC			
	HOST CV (2)	CONFERENCE 3		CONFERENCE 3		CONFERENCE 3			
		*Clavet - CV		Dalmeny - CV		Melville - EC			
		Rosthern - CV		Maple Creek - SW		Sacred Heart - EC			
		Humboldt - HC		Kindersley - WC		Carnduff - SE			
						Moosomin - SE			
						Oxbow - SE			
5A GIRLS		NORTH REGION		REGINA		*SASKATOON		SOUTH REGION	
>150)		NB John Paul II - BW		Balfour		Aden Bowman		Yorkton Regional - EC	
		NB Comprehensive - BW		Campbell		Bethlehem		Balgonie - QV	
		Martensville - CV		Johnson		Bishop Mahoney		MJ Central - SC	
		Warman - CV		LeBoldus		Centennial		MJ Peacock - SC	
		PA Carlton - NC		Luther		Evan Hardy		MJ Vanier - SC	
		PA St. Mary - NC		Martin		Holy Cross		Estevan - SE	
		Meadow Lake - NW		Miller		Marion Graham		Weyburn - SE	
				O'Neill		St. Joseph		Swift Current - SW	
				Riffel		Tommy Douglas			
				Sheldon Williams		Walter Murray			
				Thom					
				Winston Knoll					

In 3A Girls, the **North** region advances two teams to the provincial championship in addition to the provincial host (Carrot River). The **East** region, 2017 silver medal region (Foam Lake) (Wakaw is projected to be in the same region as the Provincial Host), will also advance three teams to the provincial tournament.

In 4A Girls, the provincial tournament will consist of the provincial host (Clavet) and the top three teams from each region.

In the 5A classification, the provincial championship will consist of ten teams. The top two teams from Regina and Saskatoon along with the top three teams from each North and South Regional will constitute the tens teams. When Regina or Saskatoon hosts the provincial tournament, they receive a maximum of two entries.