



SEPTEMBER NEWSLETTER

SEPTEMBER 2025

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Executive Director's Report

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The 2025-26 school year has arrived and with it comes energy to provide educational opportunities through school sport. I know the students are excited to get involved in extra-curricular activities, and we, as leaders, can utilize interscholastic athletics to teach life skills and assist their growth in becoming contributing citizens. Welcome back to all that play a critical role in delivering SHSAA programming!

The SHSAA office staff includes Jeff Kitts (Assistant Executive Director), Roger Morgan (Eligibility Officer), Jessica Blair (Executive Assistant), Sarah Pickering (Executive Assistant), and me. Our office hours are 8:00am - 4:30pm from Monday to Thursday; Friday hours may vary. 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. 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 Board of Directors had three changes at the 2025 AGM. New to the Board of Directors is Aaron Fosseneuve (Equity Director), Trevor Viergutz (Section II Representative), and Vince Orioux (LEADS Representative).

Executive Director's Report Continued

Returnees include: Brad Nemish (President), Mitch Luiten (Equity Director), Ken Parker (Officials' Representative), Glenn Thiessen (Saskatoon Representative), Logan Woytowich (Regina Representative), Lance Morrison (Section I Representative), Ryan Trumbley (Section III Representative), Greg Knot (Section IV Representative), and Cathy Morrow (SSBA Representative). Leaving the Board of Directors are three individuals who have unselfishly provided tremendous leadership for our Association; thank you to: Angelin Comfort (Equity Director – Nipawin), Dan Alspach (Section II Rep - Melville), and Ken Garinger (LEADS Rep – Swift Current). A heart-felt thank you goes out to those who served on the Board of Directors this past year.

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 attempting to remove barriers for student participation. Please find time to say thank you to representatives from our major sponsors: [Saskatchewan Milk Marketing Board](#), [BHP](#), and [SaskTel](#). There are many other Educational, Event, and Program sponsors that assist SHSAA throughout the year; these include: [University of Saskatchewan Huskie Athletics](#), [University of Regina Faculty of Kinesiology and Health Studies](#), [Sport Logo](#), [Spalding](#), [Just Volleyball](#), and [Yonex](#). SHSAA has partnered with Playfly to provide financial stability (and incremental increases) for the future and to work directly with the Association's sponsors. Sask Lotteries is a major funder of SHSAA. Sask Sport Inc. is licensed to operate [Saskatchewan Lotteries](#), and through an agreement with the Government of Saskatchewan, proceeds from [Saskatchewan Lotteries](#) are dedicated to sport, culture, and recreation organizations to benefit communities throughout the province.

SHSAA is committed to protecting the health, safety, and physical/mental well-being of every individual involved in high school sport. SHSAA believes in being proactive, ensuring high school sport in our province is welcoming to all participants. As such, the SHSAA office staff and Board of Directors created and implemented [a Safe Sport Policy Manual that can be found on the SHSAA website](#). The policies are intended to promote a safe sport environment in a manner that allows for consistent, immediate, appropriate, and meaningful action should any issues arise, but also to prevent issues from arising by communicating expected standards of behaviour to all participants.

All of us at the SHSAA office look forward to a great year! Our staff is here to serve the schools, so please reach out if we can assist. All the best, both in the classroom and in the arena of competition.



Dave Sandomirsky
SHSAA Executive Director



AGM Recap

The 2025 SHSAA AGM was successfully hosted by South Central District at Temple Gardens Hotel & Spa. Mitch Singleton and the entire hosting committee provided an entertaining and well-organized event.

Two presentations highlighted the Thursday morning general session:

**Allison Forsyth
Generation Safe**



**Jacob Wassermann
Canadian Paralympic Rower**



A summary of the changes approved at the AGM can be found in the [resolution package on the SHSAA website](#).



Awards

The AGM was a time to recognize individuals for their contributions to high school sport and SHSAA. Service and Merit tribute videos were created and are available on the [SHSAA YouTube Channel](#) along with previous Merit and Service Award tributes. The following individuals were recognized at the AGM:

The Merit Award was bestowed upon two very deserving individuals:

Jud Heilman
Saskatoon



Lance Morrison
Dinsmore



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

Kyla Snell
Paul McTavish
Luke Krienke
David Rowe
Trent Rumpel
Kelly Linnell
David Pero

Battle West
Central Valley
East Central
Horizon Central
North Central
North East
North West

John Harvey
Alissa McKinna
Dave Earl
Lorne Polupski
Jacinda Drew
Neal Boutin
Rick Garchinski

Qu'Appelle Valley
Regina
Saskatoon
South Central
South East
South West
West Central



Awards

Districts were also asked to name recipients of the SHSAA Outstanding Coach & Official Awards. These individuals are recognized by each district during a district or school function. Congratulations to the following:

2025 SHSAA Outstanding Coach & Official Awards

MALE COACH

BW	Aaron Melnyk	Unity
CV	Chris Murray	Leask
EC	Devin Sapara	Yorkton Regional
HC	Braeden Ager	Humboldt
NC	Tate McDougall	St. Mary
NE	Nevin O'Donnell	Creighton
NW	Cole Bloxam	Lloydminster
QV	Robert Schimnosky	Greenall
RG	Dylan Hart	F.W. Johnson
ST	Dave Earl	Aden Bowman
SC	Troy Setter	Peacock
SE	Colton Williamson	Rocanville
SW	Brent Millar	Swift Current
WC	John Jamieson	Kenaston

FEMALE COACH

Skye Braun	McLurg
Adrian Laskowski	VCA
Nicole Clarke	Churchbridge
Haley Wagar	Lanigan
Roxanne Richards	St. Mary
Chantelle Wrubleski	Naicam
Lisa Henry	Marshall
Elizabeth Ingram	Bert Fox
Sara Tokarz	Riffel
Meagan Wegner	Mount Royal
Dominique Simonsen	Ecole Gravelbourg
Kerrie Boyd	Ogema
Joanne Fournier	Ponteix
Melanie Natrass	Rosetown

OFFICIAL

Robin Cosh	Macklin
Donna Crockett	Hepburn
Curtis Spelay	Yorkton Regional
Devin Leonard	Humboldt
Tim Strom	Prince Albert
Al Wandler	Nipawin
Shaun Hart	Hillmond
Scott Goertzen	Broadview
Shawn Swicheniuk	Regina
Brad Lavertu	Saskatoon
Wadena Lasko	Assiniboia
Jody Kerr	Weyburn
Cindy Glenn Schultz	Gull Lake
Lauren Ferguson	Outlook

News & Reminders

Coach Education Reminders and Requirements

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 the [NFHS Learning Center](#) and the [Professional Development](#) document.

NON-TEACHER COACHES

Below are the required courses for non-teacher and community coaches

**RESPECT IN SPORT FOR
ACTIVITY LEADERS**
(NO COST)
*Completion prior to the start of the sport season being coached

All coaches and assistant coaches

**MAKING HEAD WAY
CONCUSSION ELEARNING**
(NO COST)
*Completion prior to the start of the sport season being coached

All coaches and assistant coaches

**ABORIGINAL COACHING
MODULES**
(ACM)
*Must be completed by September 1st, 2027. New coaches have one year leeway.

All coaches and assistant coaches

**COACHING SCHOOL SPORT:
REDEFINING WINNING**
(\$53.95)
*Completion prior to SHSAA playoffs

Coaches who are responsible for coaching the team without teacher supervision

TEACHER COACHES

Below are the required courses for teacher coaches

**RESPECT IN SPORT FOR
ACTIVITY LEADERS**
(NO COST)
*Completion prior to the start of the sport season being coached

All coaches and assistant coaches

**MAKING HEAD WAY
CONCUSSION ELEARNING**
(NO COST)
*Completion prior to the start of the sport season being coached

All coaches and assistant coaches

**ABORIGINAL COACHING
MODULES**
(ACM)
*Must be completed by September 1st, 2027. New coaches have one year leeway.

All coaches and assistant coaches

[CLICK HERE FOR MORE INFORMATION](#)

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](#) to become a registered user. The message board is available by using Quick Links on the [SHSAA homepage](#) 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, check the [Sanctioned Tournaments](#) listed on the SHSAA website. Schools cannot attend or host tournaments that are not sanctioned by SHSAA. As a host, it is your responsibility to begin the sanction process by submitting an [E-4 form](#) 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 SHSAA Member high school involving only Saskatchewan high schools are not required to sanction the tournament.

Forms

All [SHSAA forms and due dates](#) are available in the SHSAA Handbook and under Quick Links on the website. Most of the forms appear in both fillable .pdf and .docx version. Note that all of the forms have been updated for the 2025-26 school year and forms submitted to SHSAA should be the most current version of the form.

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 to have the password reset.

Several “how to” videos to assist with navigating ExNet and the required tasks are available on the [SHSAA YouTube channel](#).

• **School Information**

Please ensure that your school's contact information is correct and update the School Info as needed (contact our office to let us know of the changes). Multiple email addresses should be separated by a semi-colon (e.g. dave@shsaa.ca; jeff@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 10](#). After September 10, the option to save changes to the School Team Registration Form will not be available to schools - please contact the SHSAA office to make changes after September 10.
2. Invoices for team fees will be sent to schools after October 1. Once you receive the invoice, promptly pay the fees listed.

3. 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, Aboriginal Coaching Module, Coaching School Sport: Redefining Winning, 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
4. 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.)
5. 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 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.
6. 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.
7. 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 as of September 30, 2025. The information to enter includes the total number of students in each grade (9-12) and the number of ineligible students in each grade (9-12). **An ineligible student is a student that has exhausted their period of eligibility (see page 39 of the handbook).** 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 entered information will only be available to schools from **September 30 - October 2**. Any submissions after October 2 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; it is imperative that each school has at least one representative at the meeting. The SHSAA office staff or Board 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
Battle West	Greg Knot	Medstead	342-4600	LOC Learning Centre - NB	August 26	4:30pm
Central Valley	Chris Anderson	Colonsay	255-2050	PSSD Div Office Warman	September 4	4:00pm
East Central	Curtis Spelay	Yorkton Regional	786-5560	Teaching Theater at YRHS	August 25	1:00pm
Horizon Central	Curtis Strueby	Lake Lenore	231-6392	Humboldt and Online	August 27	2:15pm
North Central	Kelsie Boy	Prince Albert	922-3115	St. Mary High School	August 26	4:00pm
North East	Dan Bloski	Porcupine Plain	278-2288	Tisdale Rec Plex	September 10	5:00pm
North West	Brad Lejeune	Maidstone	392-0895	Meadow Lake Carpenter	September 9	2:00pm
Qu' Appelle	Trevor Viergutz	Indian Head	695-3929	Wolseley Opera House	September 9	5:30pm
Regina	Lance Ford	Winston Knoll	527-6146	Regina Public Board Office	September 17	1:15pm
Saskatoon	Emily Humbert	Bedford Road	683-7650	Gordie Howe Meeting Room	August 27	7:30am
South Central	Mitch Singleton	Rouleau	577-3278	Assiniboia Elementary	September 3	2:30pm
South East	Jordan Ethier	Moosomin	435-3341	Arcola, Prairie Place	August 27	4:00pm
South West	Spencer Davis	Shaunavon	294-7729	Swift Current	August 27	4:00pm
West Central	Mitch Wintonyk	Rosetown	882-2655	Rosetown	August 27	4:00pm

SHSAA Major Sponsors



SASK LOTTERIES

New AD Webinar

The SHSAA office will be offering a webinar for new ADs (or experienced ADs that would like a refresher) on Monday, September 8, 2025 at 3:30pm; [sign up for the webinar](#). ExNet tutorials have also been created as a support for athletic directors; the videos can be found at the [SHSAA YouTube Channel](#).

Youth Officials Volleyball Clinic

On September 10th, the SHSAA will be offering the fourth annual Youth Officials Volleyball Clinic virtually from 3:30 – 4:30pm. Registration for the clinic can be found on the SHSAA Website or by [clicking on the following link](#). The clinic will provide athletes and teams with a better understanding of the rules, rotations, and everything related to completing a volleyball match.

Strategic Plan

The Board of Directors engaged in Strategic Planning during the 2022-23 school year. With the guidance of an external facilitator, the Board Members analyzed the Mission, Vision, Values, and Strategic Priorities of the Association. The Board of Directors will continue to utilize the [2023-28 Strategic Plan](#) to guide decision-making for the Association.

Equity, Diversity, and Inclusion

The Board of Directors continues to focus on diversity, inclusion, and equity with the objective of providing leadership for the Association in this area. The SHSAA took a step toward “Functional Inclusion” during the 2022-23 school year by welcoming voting members that self identify as: Indigenous, oppressed by racism, 2SLGBTQ+, new to Canada, female, with disabilities, neurodiverse, from non-dominant faith communities, or people who historically were and currently are under-represented in the Association. During the 2023-24 school year, the SHSAA Board included one Equity Director and welcomed a second Equity Director during the 2024-25 school year. The Multicultural Council of Saskatchewan (MCoS) provided informational videos to reiterate “[Why](#)” these changes were needed for the Association and “[How](#)” to implement the changes in a positive manner. The SHSAA is steadfast in continuing to move the Association in a positive direction with the eventual goal being “Transformational Inclusion”. Diversity provides multiple perspectives and experiences to the Association.

Sport Advisory Groups

This will be the 14th year for SHSAA Sport Advisory Groups. Each group is chaired by a member of the Board of Directors; most correspondence occurs electronically but some groups have made arrangements to meet in person once during the year. The process for finalizing the 2025-26 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 - DUE DATE September 4, 2025.

Coaching Effect Canada

SHSAA has been collaborating with Lauren Kelba and Kyle Craighead from Coaching Effect Canada. Everyone who works with student-athletes knows that when students engage in extra-curricular, they experience increased marks and attendance at school, as well as improved behaviour. Coaching Effect Canada measures data to support this. Reach out to [Coaching Effect Canada](#) to enhance student-athlete experiences in your programs.

School Sport Week

School Sport Week has been proclaimed by the Minister of Education from October 5 – 11th, 2025. With your collective help, the week will be filled with activities across the province that culminate in a celebration of school sport during the Provincial Cross Country Championship to be hosted in Yorkton. Over 30,000 students participate in school sport each year and this week will recognize the many students, coaches, and volunteers who make it possible.

CIAAA

The National Conference for the 2025-26 school year will be held in Kelowna, BC from April 16-18, 2026. More information about the conference will be made available as the year progresses.



A reminder that each school is provided with one membership in CIAAA that is intended for the school Athletic Director. One of the many benefits of membership includes access to an on-line resource bank loaded with materials that will assist you in your role as an athletic director. Go to www.ciaaa.ca and sign up using the code **#SHSAA2025**. Caleigh Wojcicki is the Executive Director of the CIAAA and can be reached at caleigh@ciaaa.ca.

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 (Whitehorse, Yukon) – Sept 25-27, 2025
- National Athletic Directors Conference (Tampa, FL) – December 12-16, 2025
- CIAAA National Athletic Directors Conference (TBA, BC) – April 16-18, 2026
- NFHS Summer Meetings (Salt Lake, Utah) – June 26-29, 2026

SHSAA Educational, Program, and Event Sponsors



SHSAA Coaches Card (2025 - 2027)

About the Card

The purpose of the SHSAA Coaches' Card is to show appreciation to those who volunteer their time for the students at Saskatchewan schools. 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, and other teachers active in the interschool program.

Card Expiry

The Coaches' Card is valid for a period of TWO years. The 2025-2027 latest version (black card) is now available and is valid until August 31, 2027. Fill out the [application form](#) or contact our office to place your order. Over 1,000 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, 2025 – August 31, 2027).

Benefit

The SHSAA Coaches' Card provides the holder with FREE admission to all SHSAA playoffs & championships.



ENJOYING THE RUN: EMBRACING THE SPIRIT OF EDUCATION-BASED ATHLETICS

By Gary Stevens, CMAA

IAA Spring 2025

Several years ago, on a beautiful fall afternoon, I was observing student-athlete runners compete in a home cross country meet. One-by-one, they approached the home stretch and desperately grabbed for the tongue depressor indicating the place of their finish. I was truly impressed with their resolve in sprinting towards the finish line after a three-mile journey throughout our 88-acre campus.

I could not help but notice the valiant effort of our slowest runner as he trudged his way towards the finish line. His running gait was what those in cross country circles would call a "shuffle." His torso was upright – almost at a slight backward angle – and his strides were short and choppy. It was not a posture conducive to generating much speed. It appeared – at least on the surface – that his trek had been somewhat torturous.

Having coached the sport for three years in the late 1980s, I always had an admiration for the students who finished at the end of the race. When those kids lined up at the starting position, they already knew that there would be no medallions or trophies coming their way on that day. Their joy in finishing a grueling five-kilometer odyssey through wooded trails, up hills, and along grassy expanses was found when the official timer's stopwatch revealed an improvement of even just a few seconds over their previous best performance. More than most, they had an appreciation for the small, personal victories that could be found on race day.

When our school's student-athlete crossed the finish line on this September day, I was there waiting to greet him and congratulate him on his effort. I had done that many times with last-place runners when I last coached the sport decades ago. I wanted to make sure this student-athlete knew that his performance had been noticed by someone other than his parents. He had finished the race without stopping, and there was something to be said for that fact.

A few weeks later, we hosted another home meet and predictably this same young man finished the course while the remainder of the field was standing around sipping on their water bottles. Or in the case of the top runners, they were doing a quick cooldown. His time had decreased by a few seconds over the previous meet's mark, and I was genuinely excited for him. As I had during the previous race, I rushed to the exit corral to greet him and share the news with him about his improvement.

"Hey, that was a fantastic effort!" I exclaimed while holding out my hand in a congratulatory gesture. "You even shaved five seconds off your last time running this same course. That's a solid improvement. Great job!"

As I waited for him to speak next, I could not have possibly predicted, nor did I anticipate, his response to my words of praise. His remarks would prove a watershed moment in my career and a strong reminder as to why I began

working in the field in the first place. This high schooler proved to be one of the greatest teachers I would ever encounter in my four-plus decades of working in schools.

"I know I'm the slowest runner on my team," he acknowledged. "But the way that I look at it, I get more playing time than anyone else."

Perspective has a powerful place in education-based athletics. Each athlete or coach brings his or her own unique vantage point for viewing individual performances. What may be a moment of failure to one person can provide inspiration to another. That is particularly the case in individualized sports such as running. Their journeys in sport are, for the most part, solitary ones and their treks to the finish line are fraught with mental and emotional hurdles. In many cases, there is nobody around to push them or encourage them as they compete. Their races take place as much in the mind as they do on the ground.

What this runner reminded me about on that day is the true essence of high school sports. As much as competition teaches important life lessons that translate into life in an adult world fraught with pitfalls and challenges, it should also be – in its purest manifestation – about enjoying the moment as well. Even though victory would elude this athlete on any given day that he laced up his shoes, he understood more than most (including his athletic director) about the most important component of participation. For him, the joy of the experience was in the run itself.

The sport of cross country provides a great metaphor for this important lesson. The high school experience is so short and for many, goes by so fast. It can be easy to overlook the many opportunities for personal growth that it provides. My student-athlete, while trailing the field, had more time than most to enjoy the beautiful sights and smell the unique scents of autumn. Battling up steep paths or unforgiving hills resulted in a small victory that he could savor once he overcame the struggle. Finally reaching the finish line, regardless of what the stopwatch read, represented a personal achievement that could not be measured in ribbons, medals, or newspaper headlines.

Our sports-crazy culture is consumed with those who rank at the top of their disciplines. Debates about who is the greatest of all time (GOAT) in a particular sport or how Babe Ruth would fare against today's Major League Baseball (MLB) flamethrowers proliferate in social media and on the airwaves.

The same phenomenon occurs in conversations about high school as bloggers and podcasters opine about local sports heroes and heroines. We dote on champions while there are so many more young people involved in sport who revel in the opportunity to participate and be part of

Featured Article Continued

something so much bigger than themselves.

Students compete in high school programs for many different reasons. Some, such as our cross-country friend described in the anecdote above, simply compete for the love of the sport, for the opportunity to participate, or for the chance to wear their school colors. They do not seek glory or rewards. They are more interested in unpeeling their sports experience for the fun and memories that it offers as opposed to the fundamental skills the sport teaches.

Today's high school athletic leaders should strive to ensure that there is always a place for these participants in our programs. Most programs offer a minimum of one no-cut sport per season; sports such as cross country and track & field are natural destinations for these competitors. Where feasible, offering additional squads in team sports such as basketball or soccer can provide powerful outlets for serving those students' interests. Organized intramural programs are another alternative that can lend themselves well to fueling students' love of sport.

Just as we celebrate the successes of our top athletes – the state champions, the 1,000-point scorers, the school record holders – athletic directors should not forget to find opportunities to celebrate and recognize the accomplishments of those who are simply “enjoying the run.” Extending an ovation to the last runner in a race or congratulating a reserve on scoring a goal can have a profound impact on that individual's life.

A “high-five” in the hallway the day after a little-used player scores a fourth quarter basket instantly generates a few moments of fame that extricates him or her from anonymity. Being present with that student at the end of the event demonstrates a commitment and caring that will be instantly appreciated and remembered for many years to come.

There are opportunities athletics leaders can find to introduce these student-athletes to a larger audience. The school's athletic website or social media platforms provide effective means for telling their stories. Incorporating player profiles about all student-athletes – complete with information about their interests and goals – can accomplish this aim. Schools that celebrate student-athletes of the month may opt to recognize these individuals – the rank-and-file participants – as an alternative to the star player whose performances warrant newspaper headlines.

Many schools have found other official ways to ensure that the students who compete for the love of the sport receive more formal recognition for their perseverance and participation. Offering coaches' or sportsmanship awards may generate some consideration for those student-athletes whose names do not appear in online game recaps. Some athletic programs have relaxed their award requirements so that students who participate in each sport throughout their high school years have an opportunity to earn a varsity letter.

As many of the nation's high schools are losing student-athletes to club programming or sport specialization, it will become more and more important to ensure there is a place for students who opt to participate in sport for the mere joy of it. We need to be intentional in designing and offering programs that are welcoming to all. Creating programs free of harassment and bullying is an important part of that equation. Ensuring our athletic programs provide a safe harbor for all students – regardless of their abilities – will help them enjoy the many benefits organized sports offer.

Competitive sports provide an important physical outlet for students where they can get much-needed exercise and exposure to an active lifestyle. Moreover, as my colleague Roy Turner once stated before a Congressional committee, they represent a de facto drop-out prevention program whose value cannot be measured in dollars and cents. For those reasons alone, it is critical to ensure that those opportunities are not lost.

Not every student will ever raise a championship trophy or occupy a spot on a podium. Only one team will claim a championship at the end of a long, grueling season. The percentage of high school athletes who will continue to play sports beyond college is extremely small, and the number who will compete at the professional level is comparatively miniscule.

Every student-athlete, however, can and should “enjoy the run.” High school athletics are a voluntary activity, and as such, should meet the needs of every student who makes the commitment to their teams and coaches. Making their careers in high school athletics as positive and meaningful as possible needs to be a priority for athletics leaders. The student-athletes' “run” is a relatively brief one – only four years – and should be packed with positive memories.

IAA

2025 Provincial Golf

ENTRIES: Please submit entries by email to event commissioner and SHSAA office on or before **Sunday, September 21, 2025**. 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.

- The provincial tournament will consist of district representatives in individual competitions for both boys and girls, and a district team competition.
- The boys' team may be made up of three members to a maximum of four; 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; the total of the two best scores recorded by the team on each hole will determine team scoring.
- In addition to the four district qualifying golfers in each gender from the district, the host school for the Provincial championship is allowed to enter additional golfers such that no more than four golfers of each gender are representing the host school.

ELIGIBILITY: Eligibility forms (**Form E-5**) for golf are due on or before **Wednesday, September 10, 2025**.

COMPETITIONS: Details regarding start 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.

PLAYOFFS:

- **Tie for 1st place** – A sudden victory 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.
- **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.

PROVINCIAL GOLF CHAMPIONSHIP

SITE: Golf Kenosee – Kenosee Lake, SK

DATES: September 26 - 27, 2025

COMMISSIONERS: Elly Van Winkoop & Bryce Birch
Email: elly.vanwinkoop@secpsd.ca & Bryce.birch@secpsd.ca

ACCOMMODATIONS: Information can be found on the [SHSAA Website](#)

SCHEDULE:

Thursday: Practice times arranged through golf course at 306-577-4422 ext. 1
\$25.00 for athletes; cart rentals extra

Friday: Registration – 8:30am; Warm-up – 8:30am; Coaches' Meeting – 9:00am;
Opening Ceremonies & Players' Meeting – 10:15am; Shotgun start – 11:00am

Saturday: Practice green – 8:00am; Players' Meeting – 8:45am; Shotgun start – 9:00am

MISCELLANEOUS: Driving Range – Small Bucket \$6.00; Large Bucket \$9.00
Practice green available.
Food at clubhouse available for purchase throughout the competition.
Power carts will be available for facilitators on Friday and Saturday.

2025 Provincial Cross Country

PROVINCIAL SITE:

Deer Park Golf Course
Yorkton

DATE:

Saturday, October 11, 2025

COMMISSIONER:

Ryan Cox

East Central
ryan.cox@gssd.ca

ENTRIES:

Senior – 16 and over as of August 31st, 2025

Junior – under 16 as of August 31st, 2025

Intermediate – under 15 as of August 31st, 2025

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** (Ryan Cox - ryan.cox@gssd.ca) and the **SHSAA office** (jeff@shsaa.ca) before **Monday, October 6, 2025**.

Please Note:

Substitutions for original entries are accepted until 4:00pm Wednesday, October 8, 2025 and must be sent to the SHSAA Office and Provincial Commissioner. Scratches can be communicated during registration (9:30 – 10:30am).

ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Cross Country are due on or before **Wednesday, September 17, 2025**. Forms must be completed on-line via the [SHSAA website](#). Enter the SHSAA ExNet – Login.

PROCEDURES:

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

LOCAL DETAILS:

Information, maps, and virtual tours will be posted on the [Cross Country Activity page](#) as they become available.

COMPETITION:

Order of races:

Intermediate Girls	3000m - 12:00pm
Intermediate Boys	3000m - 12:30pm
Junior Girls	4000m - 1:00pm
Junior Boys	4000m - 1:30pm
Senior Girls	4000m - 2:00pm
Senior Boys	4000m - 2:30pm

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

Coaches Meeting: Wednesday, Oct. 8 via Zoom

Athlete Registration: 9:30 – 10:30am

Course Familiarization Walk: 10:45am

Opening Ceremonies: 11:30am

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

1A: less than 41 total eligible students

2A: 41 to 85 total eligible students

3A: 86 to 200 total eligible students

4A: 201 to 500 total eligible students

5A: greater than 500 total eligible students

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.

INQUIRIES:

Please contact the commissioner or the SHSAA office.

2025 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 GUIDELINES section of the handbook.

ELIGIBILITY:

Student athlete eligibility forms (**Form E-5**) for Soccer are due on or before **Wednesday, September 10, 2025**. Forms must be completed on-line via the SHSAA website (www.shsaa.ca). Enter the SHSAA ExNet – Login.

REGIONAL CHAMPIONSHIPS – playoffs will take place on October 17 - 18, 2025.

The draw template and schedule for regional competitions can be found on the [SHSAA website](#) and are subject to change.

Regions for soccer will be created following the Enrollment Declaration Deadline, September 30, 2025. The projected classifications are posted on the [SHSAA Website](#) (Districts will be notified regarding Regional hosting responsibilities after September 30, 2025). The district designated to host will need to declare a host school and notify the SHSAA office.

The SHSAA office will seed all regional tournaments as well as the 3A (7 v 7). **It is imperative that all soccer teams complete and forward a [seeding form \(E-16\)](#) to the SHSAA office by Thursday, October 9, 2025.**

There were major changes approved at the 2025 AGM in the 3A (7 v 7) classification . Provincial championships will consist of 8 teams. The tournament will follow a two pool, round-robin format with quarter-finals, semi-finals, and medal matches being played on the Saturday. In instances where there are less than 8 teams, the tournament will follow a round-robin format determined by the Provincial Office. 7 v 7 Regional tournaments will follow a round-robin format to be determined by the Provincial Office. If eleven or fewer teams have registered to compete, play-in games will be made by the Provincial Office to create a field of eight prior to the provincial championship.

In the 4A classification, 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 5A classification, Regina and Saskatoon Districts will advance teams from their league playoffs and Region A and D will advance teams from a seeded regional tournament of the teams listed to an eight-team Provincial Championship. *In each instance, the district or 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 24 - 25, 2025.

The draw template and schedule for provincial competitions can be found on the [SHSAA website](#) and is subject to change.

Host Sites:

3A Boys (7 v 7) – Wynyard
Commissioner: Trevor Otsig

4A Boys – Regina
Commissioner: Huda School

5A Boys – Prince Albert St. Mary
Commissioner: TBD

3A Girls (7 v 7) – Moosomin @ North Battleford
Commissioner: Cam Foulds

4A Girls – Yorkton Sacred Heart
Commissioner: Samanta Jonassen

5A Girls – Saskatoon
Commissioner: Scott Aaro

2025 Provincial Football

ELIGIBILITY: Student athlete eligibility forms (**Form E-5**) for Football are **due prior to the first game** or before Wednesday, September 10, 2025, whichever comes first. Forms must be completed on-line via the SHSAA ExNet – Login.

OFFICIALS: Game officials for all post conference or post league games are paid by the SHSAA office (five for 6-A-Side, five for 9-A-Side, six for 12-A-Side). 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](#); 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 and officials 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 COLOURS: If a conflict in colour 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 [SHSAA website](#) and is subject to change.

Football Conferences 2025

1A 6-A-SIDE	<u>CONFERENCE 1</u> Kerrobert – BW Macklin – BW Biggar – WC Plenty – WC	<u>CONFERENCE 2</u> Hafford – BW Rosthern – CV Rosthern JC – CV Big River – NC	<u>CONFERENCE 3</u> Hanley – CV Central Butte – SC Gull Lake – SW LCBI – WC	<u>CONFERENCE 4</u> St. Brieux – HC Viscount – HC Southey – QV Lemberg – QV Carrot River – NE
2A 6-A-SIDE	<u>CONFERENCE 1</u> Unity – BW Maple Creek – SW Eatonia – WC Rosetown – WC	<u>CONFERENCE 2</u> Clavet – CV Watrous – HC Assiniboia – SC Briercrest – SC Davidson – WC	<u>CONFERENCE 3</u> Preeceville – EC Ituna – HC Lanigan – HC Wynyard – HC	<u>CONFERENCE 4</u> Hague – CV Wakaw – HC Shellbrook – NC Creighton – NE
4A 9-A-SIDE	<u>CONFERENCE 1</u> Churchill – NC Melfort – NE Nipawin – NE Tisdale – NE	<u>CONFERENCE 2</u> Lumsden – QV Fort Qu'Appelle – QV Indian Head – QV MJ Vanier – SC Shaunavon – SW	<u>CONFERENCE 3</u> Esterhazy – EC Melville – EC Sacred Heart – EC Foam Lake – HC Broadview – QV	<u>CONFERENCE 4</u> NB John Paul II – BW Delisle – CV Humboldt – HC Meadow Lake – NW Kindersley – WC
5A 12-A-SIDE	<u>SASKATOON</u> Aden Bowman – ST Bishop Mahoney – ST Evan Hardy – ST Marion Graham – ST Tommy Douglas – ST	<u>REGINA</u> **Balfour – RG Johnson – RG **Martin/Luther – RG Sheldon Williams – RG **Thom – RG	<u>SOUTH</u> Yorkton Regional – EC Balgonie – QV MJ Central – SC MJ Peacock – SC Estevan – SE Weyburn – SE Swift Current – SW	<u>NORTH</u> North Battleford – BW Martensville – CV PA Carlton – NC PA St. Mary – NC Lloydminster – NW
6A 12-A-SIDE	<u>SASKATOON</u> Bethlehem – ST Centennial – ST St. Joseph – ST	<u>REGINA</u> Walter Murray – ST Holy Cross – ST	<u>REGINA</u> Campbell – RG LeBoldus – RG Miller – RG	<u>REGINA</u> O'Neill – RG Riffel – RG Winston Knoll – RG

** 6A by enrolment but playing 5A - No Playoffs

2025 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](#).

Seeding conference, regional, and provincial tournaments is important to the success of the events. **Form E-16** [can be found here](#). All teams **MUST** submit the results of their season to the **SHSAA office by Wednesday, October 22, 2025**. 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.

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. In the 1A – 3A classifications, conference playoffs for girls will be held on November 1, 2025. Conference playoffs for boys will be held on November 8, 2025.

Conferences will be created following the September 30th enrollment deadline and will be available on the Volleyball activity page on the SHSAA Website.

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, 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 7-8, 2025
1A, 2A, 3A, 4A Girls Nov 8, 2025
1A, 2A, 3A, 4A Boys Nov 15, 2025

REGIONAL LOCATIONS

5A Girls & Boys North - PA Carlton
5A Girls South - MJ Peacock
5A Boys South - Swift Current

Regional host locations for 1-4A will be determined after the September 30th enrollment declaration.

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. Districts are assigned to the North and South only for purposes of determining the number of Provincial Championship berths:
(North: CV, NC, ST, WC, BW, NW, NE)
(South: QV, SC, RG, EC, HC, SW, SE)

5A representatives are selected from North Rural, South Rural, Saskatoon, and Regina. When the 5A championship is in the South, then South Rural has 3 reps, Regina has 3 reps, North Rural has 2 reps, and Saskatoon has 2 reps. When the 5A championship is in the North, then South Rural has 2 reps, Regina has 2 reps, North Rural has 3 reps, and Saskatoon has 3 reps.

PROVINCIAL DATES: 1-5A Girls, 5A Boys November 14 - 15, 2025
1A, 2A, 3A, 4A Boys November 21 - 22, 2025

Updated Classification (2023 AGM):

·If there are less than 18 teams in a classification, the next highest classification will send teams with the lowest enrolment(s) down to the classification until 18 teams are present.

·If there are more than 72 teams in a classification, teams will be moved from this classification, in order of enrolment, to the adjacent classification with the fewest number of teams until the 72-team threshold has been met.

·In the case where teams are required to move to meet a minimum/maximum threshold in any classification, but there are multiple teams with the next eligible enrolment to move, then all teams with the same enrolment will change classification.

·In instances where a provincial host is one of the teams to be moved to another classification, that team would not be moved and the school with the next appropriate school enrolment would be moved.

·Classification for teams will be based on those registered to participate in the activity on the E-10 deadline. If a team withdraws after the E-10 deadline, no further adjustments to a classification will be made to meet minimum/maximum threshold levels.

2025 Provincial Volleyball Championships

"5A" GIRLS

Host School: Lloydminster Comprehensive HS
Second Site: Two Gyms
Commissioner: Kelsey Rogers
Email: kelsey.rogers@lpsd.ca

"4A" GIRLS

Host School: North Battleford John Paul II
Second Site: Blaise Morand
Commissioner: Kristina Binette
Email: k.binette@locd.ca

"3A" GIRLS

Host School: Maple Creek Composite School
Second Site: Gull Lake School
Commissioner: Tyson Krause
Email: tkrause@chinooksd.ca

"2A" GIRLS

Host School: Wadena Composite School
Second Site: Foam Lake Composite School
Commissioner: Jackie & Darin Faubert
Email: Jacqueline.faubert@horizonsd.ca

"1A" GIRLS

Host School: LeRoy School
Second Site: Englefeld School
Commissioner: Sarah Dale
Email: sarah.dale@horizonsd.ca

"5A" BOYS

Host School: Ecole St. Mary High School
Second Site: Sask Poly
Commissioner: Rene Quintal
Email: rene.quintal@pacsd.ca

"4A" BOYS

Host School: North Battleford John Paul II
Second Site: Blaise Morand
Commissioner: Kristina Binette
Email: k.binette@locd.ca

"3A" BOYS

Host School: Regina Christian School
Second Site: University of Regina
Commissioner: Geoff Glaspell
Email: geoff.glasspell@rbe.sk.ca

"2A" BOYS

Host School: LCBI High School (Outlook)
Second Site: Outlook High School
Commissioner: Leah Rusk
Email: lrusk@lcbi.sk.ca

"1A" BOYS

Host School: Rouleau School
Second Site: Avonlea School
Commissioner: Mitch Singleton
Email: singleton.mitch@prairiesouth.ca