



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## JANUARY 2023 NEWSLETTER

### SHSAA BOARD OF DIRECTORS 2022 - 2023

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*Jessica Blair*  
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### SHSAA MISSION STATEMENT

*"The purpose of the SHSAA is to foster  
educational opportunities for all students through  
interschool sport"*

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# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## **Executive Director's Report**

The SHSAA office staff wishes you a Happy New Year. Welcome to 2023! Hopefully the school break has been a time to enjoy visiting with family and friends as well as an opportunity to recharge as we get set to offer five more activities in this year's SHSAA calendar. We look forward to partnering with you in providing valuable learning opportunities to student-athletes through their involvement in educational athletics.

The transition from our fall activities to the winter and spring activity seasons lends to reflection on the role of school sport as an educational opportunity and extension of the classroom for our student-athletes. Some positives of school sport that we experienced this past fall are achieving goals, playing to the best of one's ability, learning to deal with success and failure, respecting the opposition, acknowledging the important role of officials, and developing personal skills that transfer beyond the athletic field.

The efforts of our many volunteers have allowed thousands of student-athletes the opportunity to participate in school sport events. Hosts, coaches, and officials continue to dedicate countless hours ensuring that learning and growth for students extends beyond the classroom into the extracurricular arenas where citizenship skills, sportsmanship, and athletic accomplishments are enjoyed by participants. Our schools are filled with these tremendous volunteers that know the importance of becoming involved in students' learning opportunities outside of the regular classroom. Success in the classroom, for both student and staff, can be enhanced by building positive relationships through sharing school sport experiences. Thank you to those who have volunteered this past fall and to those who are volunteering during the winter and spring activities.

Later in the newsletter, you will find initial information for the winter and spring activities. You are reminded that the SHSAA website will be your most up-to-date source of information for host sites, playoff formats, and championship accommodations and results:

- Central Valley will be hosting all three [Provincial Curling Championships](#)
- Please note the date change for the [Provincial Wrestling Championship](#) hosted in Regina.
- Saskatchewan's "Gateway to the North" will host [HOOPLA](#) in Prince Albert
- Unity will be hosting [Provincial Badminton](#)
- The Province will experience the new [Track & Field](#) facility in Saskatoon

## **Equity, Diversity, and Inclusion**

Several resolutions regarding equity, diversity, and inclusion were carried at the 2022 AGM demonstrating the desire that the SHSAA Membership has toward Transformational Inclusion. The SHSAA continued to work with the Multicultural Council of Saskatchewan (MCoS) following the AGM to create videos, prepared for Districts, to reiterate "[Why](#)" the resolutions were needed for the Association to move toward Transformation Inclusion and providing suggestions for "[How](#)" to implement the changes in a positive manner.

## **New AD Webinar**

SHSAA office staff hosted the second annual New AD Webinar in September. The turn-out of both new and experienced athletic directors was encouraging and the webinar was filled with sharing and information. A reminder to all Athletic Directors that the SHSAA has instructional videos for the various functions of ExNet. The instructional videos can be found on the [SHSAA YouTube Channel](#).

## **School Sport Week**

School Sport week was proclaimed by the Minister of Education from October 9 – 15<sup>th</sup>, 2022. The week was filled with activities across the province that culminated in a celebration of school sport during the Provincial Cross Country Championship hosted at the Wapiti Valley Ski Resort outside of Melfort. Over 30,000 students participate in school sport each year and this week recognizes the many students, coaches, and volunteers who make it possible.

## **Remembrance Day**

The 2022 fall championship season coincided with Remembrance Day falling on a Friday. Through the cooperation of the Royal Canadian Legion, Saskatchewan Command, and our coaches, this weekend was not only a championship weekend but also an opportunity to reflect and pay respect to those who have served, and continue to serve our country, during times of war, conflict, and peace.



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## **Board of Directors Ad Hoc Committees**

Earlier this fall, Ad Hoc committees were formed by the Board of Directors regarding Sports Academies, Classification, Doubles Curling, and Program/Activity Review. Board Members are committed to reviewing activities and analyzing current topics to remain relevant and ensure Association values are met. The Ad Hoc Committees will continue their analyses throughout the school year.

## **Strategic Planning**

The Board of Directors is engaging in Strategic Planning during the 2022-23 school year. With the guidance of an external facilitator, the Board Members are analyzing the Mission, Vision, Values, and Strategic Priorities of the Association. The new Strategic Plan is projected to be available to the Membership in the fall of 2023.

## **12-aside Football Summit**

In December, the Board of Directors and office staff engaged with Schools, School Divisions, and Districts that sponsor 12-aside football programs to have discussions and gain feedback regarding 12-aside football leagues and classification. The Board of Directors will be discussing the valuable information garnered from the Summit to prepare for the 2023 season.

## **Sport Advisory Groups**

The Board of Directors finalized their committee members for the [2022-23 Sport Advisory Groups](#). Board Members will report at each Board meeting on the work being done by the Sport Advisory Group that they chair. Discussion amongst the groups will provide insight for the Board of Directors to consider in their planning for SHSAA. Thank you to those individuals who have volunteered their time to be part of the groups. Applications for the 2023-24 Sport Advisory Groups will be advertised in late May. If you are interested, please check out the quick link for the application form on the [SHSAA homepage](#).

## **Host Sites and Bids-to-Host**

Host sites for 2022-23 and 2023-24 championships that were declared by Districts have been updated on the [SHSAA website](#).

Bids-to-host for the championships that remain open will be accepted until January 18, 2023:

**4A Boys Soccer – October 27-28, 2023**

**5A Regional Volleyball – November 10-11, 2023**

**1A Girls Provincial Volleyball – November 17-18, 2023**

**3A Girls Provincial Volleyball – November 17-18, 2023**

**5A Girls Provincial Volleyball – November 17-18, 2023**

**Regional Wrestling – March 2, 2024**

## **Youth Officials**

The District Officials' Commissioners had a goal to offer basic officials' training virtually for Volleyball and Basketball starting during the 2022/23 school year. This was accomplished by hosting the First Annual Youth Officials Volleyball Clinic on September 8<sup>th</sup> which saw close to 300 attendees. The Basketball Clinic was hosted on December 7<sup>th</sup> and had approximately 200 attendees. Both clinics were recorded and are available on the SHSAA YouTube Channel:

[1<sup>st</sup> Annual Youth Officials Volleyball Clinic](#)

[1<sup>st</sup> Annual Youth Officials Basketball Clinic](#)

## **Coaches Development**

Coaches are encouraged to seek professional development opportunities:

- The 14 districts across the Province plan coaching development opportunities throughout the year; contact your District representatives for more information.
- The SHSAA has put together a comprehensive document outlining numerous professional development opportunities; the document can be found on the SHSAA website under the "[Coach Education](#)" tab.

## **Women in Sport Conference (WISC)**

The SHSAA WISC will be held Friday, June 9 & Saturday, June 10, 2023 in Saskatoon at the University of Saskatchewan. Registration for the conference will be \$75 per delegate and limited to the first 100 registrations received. Once the conference agenda is finalized, a complete information package and registration form will be available on the SHSAA website as well as distributed to all schools.



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## **SHSAA Coaches Card (2021-23)**

### **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 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 2019-2021 version (Yellow Card) expired as of August 31, 2021 and will not be accepted by the card sponsors. The latest version (2021-2023) is now available. Fill out the application form that can be [found here](#) 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, 2021 – August 31, 2023).

### **SPONSORS**

[For a complete list of sponsors please see the application form available at the link found above.](#)

### **75<sup>th</sup> Anniversary and AGM**

The SHSAA continues to celebrate our 75<sup>th</sup> Anniversary during the 2022-23 school year:

1. The celebrations kicked-off with a poster contest that received over 160 submissions: congratulations to Julia from Central Collegiate on her winning submission.
2. The SHSAA office is releasing newsletter content, highlighting the Association, each month of the school year; thank you to those individuals that send in stories.
3. Sport Logo created a 75<sup>th</sup> Anniversary clothing line (including Est. 1948) for Members to purchase and wear to show their school sport pride.
4. The concluding activity will be the SHSAA AGM in Balgonie/White City from June 21-23, 2023. The host committee from Qu'Appelle Valley District and the SHSAA Board of Directors are preparing for the celebrations, meetings, and activities associated with the event. More information will be made available to each district in April.

### **Reminders**

Upcoming events and reminders in addition to those discussed earlier or listed on the SHSAA calendar:

- Sportsmanship Awards
  - The SHSAA would like to thank the **Saskatchewan Milk Marketing Board** for their continued support of these awards.
  - In addition to the 24 sportsmanship awards that will be presented from the provincial championship tournaments, there are an additional four sportsmanship awards available to be presented to schools/teams that have displayed characteristics throughout the entire season that are worthy of a sportsmanship award. Nominations for these awards can be forwarded to the SHSAA office. The [nomination form](#) is available on the SHSAA website.
- SHSAA Message Board
  - Individuals are encouraged to create an account by contacting [shsaa@shsaa.ca](mailto:shsaa@shsaa.ca) and post information about their tournaments and seasonal results.
- SHSAA Awards
  - Nominations for SHSAA Awards (Coach, Official, Service, and Merit) should be submitted to the District before the end of April.
- Board of Directors Elections – SHSAA AGM – June 21-23, 2023
  - Positions up for election include: President, Section 2, Section 4, Saskatoon, and Equity Director
- Please remember to quote "SHSAA School" when looking to access the preferred rates offered by various hotel groups ([See accommodations](#))



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA Sponsors

The sponsors of our Association continue to recognize the valuable role that school sport plays in developing the next generation of citizens. Thank you to the major sponsors of the SHSAA:

- Saskatchewan Milk Marketing Board
- SaskTel
- University of Saskatchewan Huskie Athletics
- University of Regina College of Kinesiology & Health Studies

Sask Lotteries continues to be the major funder of amateur sport in Saskatchewan through the proceeds of lottery sales which are distributed by Sask Sport.

Please acknowledge SHSAA Major Sponsors whenever possible. The support of these major sponsors allows SHSAA to continue providing educational opportunities for all students through interschool sport.



## SASK LOTTERIES



University  
of Regina

Kinesiology &  
Health Studies



**HUSKIE**  
ATHLETICS



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## CIAAA

Each Saskatchewan Athletic Director is provided with a complementary membership in the [Canadian Interscholastic Athletic Administrators Association \(CIAAA\)](#) courtesy of SHSAA. All AD's were sent information earlier in the fall with instructions as to how to [activate the membership](#). If you have any issues activating your membership, please contact [caleigh@ciaaa.ca](mailto:caleigh@ciaaa.ca). Your membership allows you access to the Resource Bank as well as preferred pricing for conferences and courses. The professional development attained through CIAAA is a valuable, hands on, day-to-day experience for individuals serving as Athletic Directors in their school.

A CIAAA ad-hoc committee of the SHSAA includes the following members:

- Sandra Surkan (Board of Directors liaison and Regina)
- Mitch Singleton (Section I - Rouleau)
- Margie Gibson (Section II - Moosomin)
- Ryan Trumbley (Section III - St. Brieux)
- Troy Snider (Section IV - Kerrobert)
- Shaun Nechvatal (Saskatoon)

CIAAA Executive Director, Caleigh Wojcicki, works closely with the group to coordinate professional development opportunities for athletic directors in Saskatchewan. You should be receiving emails from Caleigh keeping you up to date on upcoming course offerings and conferences. For more information check out [www.ciaaa.ca](http://www.ciaaa.ca)

## 2023 National Athletic Directors Conference

Our National Conference is returning In-Person and we are excited to welcome everyone to Vancouver, April 20-22, 2023. **Conference registration is OPEN NOW** and early bird pricing is available until January 31, 2023. [Register Today!](#) The conference will be held at the [Coast Coal Harbour Hotel](#) and will offer Leadership Training Courses, Workshops, Forum Discussions, Guest Speakers, our Awards Banquet, and Social events. All great for Professional Development and Networking with fellow ADs.

## **CIAAA WINTER WEBINAR SERIES**

Take advantage of Athletic Director Specific Professional Development this winter with the CIAAA Winter Webinar Series, this year we are offering 2 Workshops and multiple LTP courses, created by Athletic Directors for Athletic Directors!

*Register for 2 or more LTP courses and save 20% by using the discount code **#Take20** (apply to each course at checkout).*

### **502C: Athletic Administration in Canadian Schools**

- Date TBD – will be announced posted on [ciaaa.ca/course-calendar](http://ciaaa.ca/course-calendar) & social media
- This crucial introductory course addresses many of the day-to-day operational responsibilities for Canadian Athletic Directors. The course addresses school athletic/academic philosophy, administrative organization, coach appointment, budgeting, scheduling, publicity and promotion, management of athletes, parents and others, transportation policies and issues, parent conflict, legal foundations, monthly checklists and more. One of the key resources available to course attendees is a resource package with over 700 pages of useful information, forms, detailed letter templates, sample policies, and more.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## **503C: Athletic Administration: Enhancing School-Based Athletic Programs**

- January 27, 2023
- 1:00 – 4:00 PM (CST)
- This course builds on the teachings in 501C and 502C, by taking Athletic Directors through ideas and strategies to implement that will enhance their athletic programs. The course touches on ways to improve citizenship and sportsmanship within your athletic program through positive initiatives, examines potential problems or possible solutions in areas such as program promotion, social media, tournaments and special events, recognition, awards, fundraising, and strategic planning.

## **504C: Legal Issues I - The Basics of Negligence (Webinar))**

- Thursday January 26, 2023
- 5:00 – 8:00 PM (CST)
- This course covers liability, negligence, and risk management practices for athletic administrators. Legal concepts will be introduced to athletic administrators through the use of case law, case studies, and guided discussion. Appropriate risk management documentation procedures for athletic administrators will be identified. Attendees will benefit from discussing real-life case law scenarios and defining the duties and standards of care that the law requires of athletic administrators. Attendees will leave the course with new knowledge and actionable strategies for managing risk.

## **608C: Management Strategies & Organization Techniques**

- Date TBD - will be announced posted on [ciaaa.ca/course-calendar](http://ciaaa.ca/course-calendar) & social media
- This course is designed to inform athletic administrators how to more effectively organize and manage their time, apply time management principles, be more productive and have balance to life. Instruction will focus on 12 key components and strategies, including proven techniques and tips to teach participants how to: Set Goals and Priorities, Plan for Results, Organize for Success, Process Paperwork, Delegate Effectively, Eliminate Time Wasters, Enhance Decision-Making, Make Meetings Productive, Conquer Procrastination, Utilize Technology, Communicate Effectively and Reduce Stress.

## **633C: Creating Inclusive Opportunities for Athletes with a Disability**

- Wednesday January 25, 2023
- 5:00 – 8:00 PM (CST)
- This course is designed to provide pathways for schools adding inclusive opportunities into their Athletic Department. Unified and Para Sport programs open doors for a multitude of new students to participate in school sport. These programs contribute greatly to enhanced school culture by inviting greater diversity among Athletics' participants. Any interested Athletic Directors and Coaches will derive great benefit - schools have both a great opportunity and responsibility when considering Unified and Para Sport Programs.

## **Check out our FREE ONE-HOUR WORKSHOPS:**

January 23, 2023 @ 3:00 PM (CST) – Motivating Our Athletes

January 25, 2023 @ 11:00 AM (CST) – Building Successful Teams

**REGISTER HERE!**

If you have any questions, please contact Caleigh: [Caleigh@ciaaa.ca](mailto:Caleigh@ciaaa.ca)





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 REGIONAL & PROVINCIAL CURLING

PRESENTED BY: 

Each provincial championship will consist of eight teams scheduled as two pools of four teams in round-robin play format. The top two teams from each pool shall advance to the championship bracket. The eight teams participating at the provincial championships will include the host school and seven other teams that have qualified through the regional championships.

The tie-breaking criteria to determine placement in pool play and placement into tie-breaker games shall utilize the Skill Based Team Ranking System (SBTRS). For more information on the tiebreaker and the Saturday schedule of games please refer to the curling activity page of the [SHSAA website](https://www.shsaa.ca).

Regional championships will be held March 3 - 4, 2023. The Regional championships will consist of a six or eight team double knock-out format leading to an 'A' event and 'B' event qualifier to the provincial championship. The only region that may require an A-B playoff to complete the double knock-out competition is the provincial host region. The A-B playoff will only be contested if the provincial host has not won either the 'A' or 'B' event. In the regions without an A-B playoff the 'A' event winner will be considered the Regional champion.

Districts should declare their representatives to the Regional Championships by Saturday, February 25, 2023 and contact the regional commissioners and SHSAA office following the competition.

Regional commissioners are asked to contact both the SHSAA office and provincial commissioner by Sunday, March 5, 2023 with the names of the schools and team members which have advanced to the provincial championship.

### REGIONAL CHAMPIONSHIPS: March 3 – 4, 2023

REGION A (SOUTH CENTRAL)	BOYS	GIRLS	OPEN MIXED
Location:	Moose Jaw Curling Centre	Moose Jaw Curling Centre	Moose Jaw Curling Centre
Contact:	<a href="#">Roger Morgan</a>	<a href="#">Roger Morgan</a>	<a href="#">Roger Morgan</a>
Phone:	306-254-3933	306-254-3933	306-254-3933
Format:	6 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
First Round Games:	Bye #1: WC #1 Game #1: SW #1 vs. SC #2	Game #2: WC #2 vs. SW #2 Bye #2: SC #1	
Participating Districts	South Central	South West	West Central

REGION B (SOUTH EAST)	BOYS	GIRLS	OPEN MIXED
Location:	Ogema	Wawota	Lampman
Contact:	<a href="#">Tracy Eden</a>	<a href="#">Jos Risling</a>	<a href="#">Whitney Czerwonka</a>
Phone:	306-459-2500	306-739-2323	306-487-2522
Format:	8 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
First Round Games:	Game #1: SE #1 vs. QV #2 Game #2: RG #1 vs. EC #2	Game #3: QV #1 vs. SE #2 Game #4: EC #1 vs. RG #2	
Participating Districts	South East	Qu'Appelle Valley	Regina East Central





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<b>REGION C (HORIZON CENTRAL)</b>	<b>BOYS</b>	<b>GIRLS</b>	<b>OPEN MIXED</b>
<b>Location:</b>	Bellevue (Hosted in PA)	Ituna	Watrous
<b>Contact:</b>	<a href="#">Terry Gaudet</a>	<a href="#">Kayla Onufreychuk</a>	<a href="#">Lindsay Crittenden</a>
<b>Phone:</b>	306-423-5354	306-795-2581	306-946-3309
<b>Format:</b>	8 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
<b>First Round Games:</b>	Game #1: ST #1 vs. HC #2 Game #2: NE #1 vs. NC #2	Game #3: HC #1 vs. ST #2 Game 4: NC #1 vs. NE #2	
<b>Participating Districts</b>	<b>North East</b>	<b>North Central</b>	<b>Horizon Central</b> <b>Saskatoon</b>

<b>REGION D (CENTRAL VALLEY)</b>	<b>BOYS</b>	<b>GIRLS</b>	<b>OPEN MIXED</b>
<b>Location:</b>	Rosthern	Langham	Hanley
<b>Contact:</b>	<a href="#">Myles Loeffler</a>	<a href="#">Myles Loeffler</a>	<a href="#">Myles Loeffler</a>
<b>Format:</b>	6 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
<b>First Round Games:</b>	Bye #1: BW #1 Game #1: NW #1 vs. CV #2	Game #2: CV #2 vs. BW #2 Bye #2: NW #1	
<b>Participating Districts</b>	<b>North West</b>	<b>Battle West</b>	<b>Central Valley</b>

## PROVINCIAL CHAMPIONSHIPS: March 10 – 11, 2023

	<b>BOYS</b>	<b>GIRLS</b>	<b>OPEN MIXED</b>
<b>Location:</b>	Rosthern	Langham	Hanley
<b>Contact:</b>	<a href="#">Myles Loeffler</a> <a href="#">Derek Bergen</a>	<a href="#">Myles Loeffler</a> <a href="#">Shawn Huber</a>	<a href="#">Myles Loeffler</a> <a href="#">Linden Freeden</a>
<b>Format:</b>	Two pools of four leading to a four-team championship bracket		
<b>Participants:</b>	Host School, additional representative from Region D; Two representatives from each of Regions A, B, and C	Host School, additional representative from Region D; Two representatives from each of Regions A, B, and C	Host School, additional representative from Region D; Two representatives from each of Regions A, B, and C
<b>Pool Make-up:</b>	<b>Pool A</b> - Region A and B champion, Region C and D runner-up <b>Pool B</b> - Region C and D champion, Region A and B runner-up		
<b>Schedule of Events:</b>	<b>Coaches/Athletes meeting:</b> Wednesday, March 8 at 3:30pm (Zoom) <b>Opening Ceremonies:</b> Friday		

Please see the following link for [Provincial Accommodation](#).





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 REGIONAL WRESTLING

**DATE:** Saturday, March 4, 2023  
**LOCATION:** Carpenter High School (Meadow Lake)  
**COMMISSIONER:** Kendra Paramchuk  
**PHONE:** 1-306-236-5236

### ENTRY:

1. All wrestlers from registered schools outside Regina and Saskatoon **MUST** attend this meet in order to qualify for the Provincial Tournament.
2. Registered schools may enter more than one wrestler per division.
3. Every participating school **MUST** contact the commissioner and SHSAA Office, with their intent to enter, and indicate the number of competitors by the Monday preceding the regional tournament. Competitors who have not been pre-registered by their coaches will not be allowed to participate in the tournament.
4. The Saskatchewan District team that advances to the Provincial Tournament will consist of up to four qualifiers from this meet per weight division.
5. The coaches present will select the "District" coaching staff (Head and Assistant Coach).
6. The District Coaches, in consultation with the commissioner, will select the final district team.

### WEIGH-IN:

A weigh-in will not be held at the Regional tournament. **Each wrestler must weigh in at their home school. A school administrator or their designate must certify the weight. Certified weights must be submitted to the host commissioner and SHSAA office by 12:00 p.m. (noon) on the Thursday preceding the meet (March 2, 2023).** Note this procedure is used for the regional meet only.

### SKIN INSPECTIONS:

Skin inspections will begin at 9:00 am. All participants must pass the on-site skin inspection before wrestling.

### START TIME:

The tournament begins at 10:00 am. Three wrestling mats are available for matches.

### RULES FOR HIGH SCHOOL WRESTLING:

Please refer to the SHSAA Handbook (pages 133 - 140), the Wrestling Canada Lutte rule book, and the Wrestling Activity page on the [SHSAA website](https://www.shsaa.ca) for more information on High School wrestling rules.

### SCHOOL TEAM COMPETITION:

There are six school awards: 3A, 4A, and 5A Girls; 3A, 4A, and 5A Boys



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 PROVINCIAL WRESTLING

**DATE:** March 17 – 18, 2023  
**LOCATION:** Regina O'Neill  
**COMMISSIONER:** [Aaron Anderson](#)  
**PHONE:** 306-522-5572

### ENTRY:

Regina, Saskatoon, and District rosters (top 6) must be declared, and entries received by the commissioner and SHSAA office on or before, Sunday, March 5<sup>th</sup>. Changes to original entries must be made by 9:00am on Tuesday, March 14<sup>th</sup>. Upon receiving district rosters, the SHSAA office will fill weight classes one spot at a time on a rotational basis as outlined by the 'Provincial Rotation'. Before a spot is officially filled, the athlete's coach will have final discretion. Substitutions by districts for their original entries may be made up to 12:00 noon on Thursday, March 16<sup>th</sup>.

### SKIN CHECKS:

On-site skin examinations will begin Friday, March 17<sup>th</sup> at 11:30am. All wrestlers must clear skin inspection prior to reporting for weigh-in.

### WEIGH-IN:

Weigh-ins will take place on-site from 12:00 noon to 1:00pm Friday, March 17<sup>th</sup>. Wrestlers must weigh in at this time and make the weight class that they qualified in for the Provincial Championship.

### WEIGH-IN PROCEDURE:

Check scales for the weigh-ins will be available for wrestlers between 11:00am and 11:30am.

### COMPETITION:

Wrestling will begin on Friday at 4:00pm and continue until approximately 9:00pm. Wrestling will resume Saturday at 9:00am. The Coaches meeting will take place on Wednesday, March 15 @ 3:30pm through Zoom. Individual medals will be presented on the mat, following the gold and bronze matches. Team awards will follow the individual medal presentation.

### ACCOMMODATION:

For a listing of SHSAA Room Blocks visit the SHSAA website [Provincial Accommodations](#).

### RULES FOR HIGH SCHOOL WRESTLING:

Please refer to the SHSAA Handbook (pages 133 - 140), the Wrestling Canada Lutte rule book, and the Wrestling Activity page on the [SHSAA website](#) for more information on High School wrestling rules.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 CONFERENCE & REGIONAL BASKETBALL

### CONFERENCE

#### Team Registration and Participation:

- **2A & 3A classifications**
  - All registered basketball teams have been placed in a conference.
- **1A & 4A classification**
  - There will be no conference tournaments. If necessary, "play-in" games will be scheduled by the SHSAA office to complete the field of 16 teams for Regional tournaments.
- **5A classification**
  - There will be no conference tournaments.
  - Regina will advance two and Saskatoon three teams to the 5A provincial tournament.
  - Teams outside of Regina and Saskatoon Districts will be placed into a regional tournament that will advance three teams to the 5A provincial tournament.

**NOTE:** If your school is not listed and your school plans on having a team, you must contact the SHSAA office. If your school is listed and your school **will not** be forming a team, or you **do not wish** to enter the provincial playoff, you must contact the SHSAA office by February 1, 2023.

- The teams designated to each conference are available on the [basketball activity page](#) of the SHSAA website.
- The SHSAA office will seed each conference tournament.
- Draws for the conference tournaments will be available on the SHSAA website on March 6, 2023.
- Each coach is to fill out and submit a [seeding form](#) (E-16) including their opinion on the seeding of their conference and the province. Seeding forms are due on or before March 1, 2023. Any additional results following the March 1<sup>st</sup> deadline can be submitted to the SHSAA Office.
- Districts are to notify the SHSAA office of host sites for the conference tournaments they have been assigned. Please check the website periodically to see updates to conferences, including host sites.

#### Conference Tournaments:

- All conference tournaments will be played the weekend of March 10 – 11, 2023 and will advance two teams to regional weekend except where indicated on the document listing the conference groupings.
- As per the resolution passed at the 2008 AGM there will not be a consolation side included in the tournaments. In conferences of four, five, six, seven, or eight teams that are designated to advance more than two teams there will be a qualifier bracket to advance the extra teams to regional play.
- The draw templates for the conference tournaments are available on the [basketball activity page](#) on the right side of the SHSAA website.



University  
of Regina

Kinesiology &  
Health Studies





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## REGIONAL

### 1A – 4A Classifications:

- The 16 teams that advance to regional play will be seeded 1 to 16 and will be placed in one of four regional tournaments in their classification.
- Each regional tournament will include a championship and consolation side with the winner of the championship side advancing to HOOPLA. Regional game times: *Friday games at 6:00pm and 8:00pm; Saturday games at 11:00am and 1:00pm.*
- Regional tournament hosts will be named on March 13, 2023.
- Regional tournaments will be played the weekend of March 17 – 18, 2023.
- Each District Officials' Commissioner should prepare to host a minimum of 2 and possibly more Regional Tournaments in their district.
- Schools interested in hosting a regional basketball playoff are invited to submit a bid to host on or before January 31<sup>st</sup>. Send bids to the SHSAA office.

### 5A Classification:

- In 5A, Regina will advance 2 teams while Saskatoon will advance 3 teams to the provincial tournament.
- 5A rural teams will advance three teams from a regional tournament in 2023. The draw templates for the rural regional tournament are available on the [basketball activity page](#) on the right side of the SHSAA website. A play-in game may be required for for the 5A regional tournament.
- Regional tournaments will be played the weekend of March 17 – 18, 2023.

## HOOPLA

- HOOPLA will be hosted in Prince Albert on March 23 – 25, 2023.
- **1A – 4A classifications:** The four regional champions will play a straight elimination, four-team tournament with a consolation side to determine third place.
- **5A classification:** There will be an eight-team tournament composed of three teams from Saskatoon, two teams from Regina, and three teams from the Rural regional tournament in 2023. The tournament will have a championship and consolation side.

### **SEEDING OF TEAMS FOR CONFERENCE AND REGIONAL PLAYOFFS**

- **Seeding forms (E-16) are due to the SHSAA office on or before March 1, 2023.**
- The SHSAA office requires written confirmation of season results from **ALL BASKETBALL TEAMS**. Include results of all games played (tournament, league, and exhibition) including who your opponents were and the result (win or loss).
- Please include your opinion regarding the seeding of the teams in your conference as well as your opinion regarding the top 8 teams in the province in your classification.
- Any additional results following the March 1 deadline may be submitted to the SHSAA office prior to the release of the tournament draw to be used in the seeding process.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## BASKETBALL CONFERENCES - BOYS (as of December 21, 2022)

- Conferences listed below are tentative. The groupings may be revised following the February 1<sup>st</sup> withdrawal deadline for basketball.
- All conferences will advance the bracketed number of teams to the regional tournament.
- **Host sites will be indicated as Districts name their hosts.**
- Conference: March 10-11; Regional: March 17-18; HOOPLA: March 23-25
- Play-in games will be scheduled by the SHSAA following the March 1<sup>st</sup> basketball seeding form deadline.

All teams will advance to the Regional Tournaments March 17 – 18, 2023. Hosts TBA by SHSAA Office.									
1A BOYS (1-40)		Waweyekisik – NW Glaslyn – NW Sandy Bay – NC Kerrobert - BW		Middle Lake – HC Lake Lenore – HC Watson – HC LeRoy – HC		Imperial – HC Allan – CV Kyle – WC Vanguard - SW		Coronach – SC Stoughton – SE Kelliher - QV Fillmore - SE	
2A BOYS									
(41-85)		HOST NW (2)	CONFERENCE 1	HOST BW (2)	CONFERENCE 2	HOST NC (2)	CONFERENCE 3	HOST EC (2)	CONFERENCE 4
			Ile-a-la-Crosse – NW		Pelican Lake – BW		Little Red – NC		Carrot River – NE
			Minahik – NW		Spiritwood – BW		Meath Park – NC		Hudson Bay – NE
			Beauval – NW		Macklin – BW		Birch Hills – NC		Porcupine Plain – NE
			Island Lake – NW		Neilburg – NW		Kinistino – NC		Bernard Constant – NE
			Paradise Hill – NW		Marengo – WC		Mistawasis – CV		Preeceville – EC
			Turtleford – NW		Asquith – CV		Leask – CV		Norquay – EC
			Lashburn – NW		Langham - CV		St. Brieux – HC		Canora – EC
			Maidstone - NW				Bellevue – HC		
		HOST CV (2)	CONFERENCE 5	HOST HC (2)	CONFERENCE 6	HOST SE (2)	CONFERENCE 7	HOST SW (2)	CONFERENCE 8
			Stobart – CV		Foam Lake – HC		Nakoda Oyade – QV		Gravelbourg – SC
			Rosthern – CV		Strasbourg – HC		Grenfell – QV		Herbert – SW
			Waldheim – CV		Ituna – HC		Whitewood – QV		Eston – WC
			Hepburn – CV		Southey – QV		Rocanville – SE		LCBI – WC
			Aberdeen – CV		Cupar – QV		Redvers – SE		Kenaston – WC
			ST Christian – ST		Payepot – QV		Arcola – SE		Davidson – WC
			Legacy - ST		Balcarres – QV		Radville – SE		Hanley - CV
					Laval – RG				
3A BOYS									
(86-200)		HOST WC (2)	CONFERENCE 1	HOST CV (2)	CONFERENCE 2	HOST CV (2)	CONFERENCE 3	HOST QV (2)	CONFERENCE 4
			Unity – BW		Delisle – CV		Stanley Mission – NC		Watrous – HC
			Biggar – WC		Dalmeny – CV		Senator Allen Bird – NC		Lanigan – HC
			Kindersley – WC		Osler VCA – CV		Chief John Keenatch–NC		Wynyard – HC
			Rosetown – WC		Clavet – CV		Creighton – NE		Fort Qu'Appelle – QV
							Rosthern JC – CV		
		HOST EC (2)	CONFERENCE 5	HOST QV (2)	CONFERENCE 6	HOST SC (2)	CONFERENCE 7	HOST SW (2)	CONFERENCE 8
			Kamsack – EC		Kipling – QV		Indian Head – QV		Maple Creek – SW
			Langenburg – EC		Moosomin – SE		RG Christian – RG		Shaunavon – SW
			Esterhazy – EC		Carlyle – SE		RG Huda – RG		Assiniboia – SC
			Cowessess – QV		Camduff – SE		MJ Cornerstone - SC		Briercrest – SC
					Oxbow – SE				
4A BOYS									
Play-in games will be made to create a field of 16 for Regional Tournaments March 17 – 18, 2023. Hosts TBA by SHSAA Office.									
(201-450)		NB JP II – BW Martensville – CV Melville – EC Sacred Heart – EC Humboldt - HC		PACI – NC S. Myles Venne – NC Nipawin – NE Melfort – NE Tisdale – NE		Meadow Lake – NW Saskatchewan - NW Lumsden – QV Notre Dame - QV Johnson - RG		Scott – RG ED Feehan – ST Marion Graham – ST MJ Central – SC MJ Vanier – SC	
5A BOYS									
(>450)		HOST SC (3)	RURAL	HOST RG (2)	REGINA	HOST ST (3)	SASKATOON		
			NB Comprehensive - BW		Balfour		Aden Bowman		
			Warman - CV		Campbell		Bethlehem		
			Yorkton Regional - EC		Harvest City		Bishop Mahoney		
			PA Carlton - NC		LeBoldus		Centennial		
			PA St. Mary - NC		Luther		Evan Hardy		
			Lloydminster - NW		Martin		Holy Cross		
			Greenall - QV		Miller		Bedford Road		
			Estevan - SE		O'Neill		St. Joseph		
			Weyburn - SE		Riffel		Tommy Douglas		
			Swift Current - SW		Sheldon Williams		Walter Murray		
			MJ Peacock - SC		Winston Knoll				
		Play-in Game May be Required							





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## BASKETBALL CONFERENCES - GIRLS (as of December 21, 2022)

- Conferences listed below are tentative. The groupings may be revised following the February 1<sup>st</sup> withdrawal deadline for basketball.
- All conferences will advance the bracketed number of teams to the regional tournament.
- **Host sites will be indicated as Districts name their hosts.**
- Conference: March 10-11; Regional: March 17-18; HOOPLA: March 23-25
- Play-in games will be scheduled by the SHSAA following the March 1<sup>st</sup> basketball seeding form deadline.

1A GIRLS (1-40) All teams will advance to the Regional Tournaments March 17 – 18, 2023. Hosts & structure determined by the SHSAA Office.								
		Waweyekisik – NW Sandy Bay – NC Kerrobot – BW Perdue – CV		Colonsay – CV Allan – CV Lake Lenore – HC Kenaston – WC		Central Butte – SC Coronach – SC Gladmar – SE		
2A GIRLS (41-85)								
HOST NW (2)	CONFERENCE 1	HOST WC (2)	CONFERENCE 2	HOST CV (2)	CONFERENCE 3	HOST NC (2)	CONFERENCE 4	
	Ile-a-la-Crosse – NW		Wilkie – BW		ST Christian – ST		Shellbrook – NC	
	Beauval – NW		Eatonia – WC		Hanley – CV		Mistawasis – CV	
	Lashburn – NW		LCBI – WC		Asquith – CV		Stobart – CV	
	Maidstone – NW		Herbert – SW		Langham – CV		Rosthern – CV	
	Macklin – BW				Waldheim – CV		Hague – CV	
HOST NE (2)	CONFERENCE 5	HOST HC (2)	CONFERENCE 6	HOST SE (2)	CONFERENCE 7	HOST RG (2)	CONFERENCE 8	
	Hudson Bay – NE		Meath Park – NC		Rocanville – SE		Gravelbourg – SC	
	Preeceville – EC		Bellevue – HC		Redvers – SE		Davidson – WC	
	Norquay – EC		St. Brieux – HC		Arcola – SE		Laval – RG	
	Canora – EC		Kelvington – HC				Southey – QV	
	Foam Lake – HC		Naicam – NE					
3A GIRLS (86-200)								
HOST BW (4)	CONFERENCE 1	HOST HC (4)	CONFERENCE 2	HOST EC (4)	CONFERENCE 3	HOST SC (4)	CONFERENCE 4	
	St. Walburg – NW		Rosthern JC – CV		Creighton – NE		Maple Creek – SW	
	Chief John Keenatch-NC		Dalmeny – CV		Kamsack – EC		Shaunavon – SW	
	Unity – BW		Osler VCA – CV		Langenburg – EC		Briercrest – SC	
	Biggar – WC		Clavet – CV		Esterhazy – EC		MJ Cornerstone – SC	
	Kindersley – WC		Watrous – HC		Kipling – QV		Assiniboia – SC	
	Rosetown – WC		Lanigan – HC		Moosomin – SE		RG Christian – RG	
	Delisle – CV		Wynyard – HC		Oxbow – SE		Indian Head – QV	
4A GIRLS (201-450) Play-in games will be made to create a field of 16 for Regional Tournaments March 17 – 18, 2023. Hosts TBA by SHSAA Office.								
	NB John Paul II – BW Martensville – CV Melville – EC Sacred Heart – EC		Humboldt – HC PACI – NC Melfort – NE Nipawin – NE		Tisdale – NE Meadow Lake – NW Saskatoon – NW Lumsden – QV		Notre Dame – QV Johnson – RG Marion Graham – ST MJ Vanier – SC MJ Central – SC	
5A GIRLS (>450)								
HOST NW (3)	RURAL	HOST RG (2)	REGINA	HOST ST (3)	SASKATOON			
	NB Comprehensive – BW		Balfour		Aden Bowman			
	Warman – CV		Campbell		Bethlehem			
	Yorkton Regional – EC		LeBoldus		Bishop Mahoney			
	PA Carlton – NC		Luther		Centennial			
	PA St. Mary – NC		Miller		Evan Hardy			
	Lloydminster – NW		O'Neill		Holy Cross			
	Greenall – QV		Riffel		St. Joseph			
	Estevan – SE		Sheldon-Williams		Tommy Douglas			
	Weyburn – SE		Thom		Walter Murray			
	Swift Current – SW		Winston Knoll					
	MJ Peacock – SC		Harvest City					



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL BASKETBALL CHAMPIONSHIPS *HOOPLA 2023*



Hoopla 2023 will be held in Prince Albert from March 23 - 25, 2023. The 5A boys and 5A girls preliminary games will be held on Thursday evening. All other classifications will begin play on Friday.

All **finals** will be played on Saturday.

Prince Albert will host the Provincial Basketball Championships at the following venues:

- ❖ **Carlton Comprehensive Public High School (CPAC)**
- ❖ **Carlton Comprehensive Public High School (Red Gym)**
- ❖ **École St. Mary High School**
- ❖ **Saskatchewan Polytechnic**

The SHSAA has adopted a policy that does not allow for teams to practice at the host venue(s) prior to or during the competition. Please do not contact these host sites in attempts to book practice times for the championship.

The schedule of games will be released Monday, March 20<sup>th</sup>. It will be posted on the SHSAA website; direct your inquiries to the SHSAA office. Each school team attending HOOPLA is responsible for arranging their accommodations. Schools are encouraged to book rooms early.

### **ACCOMMODATIONS:**

For a listing of SHSAA Room Blocks visit the SHSAA website [Provincial Accommodation](#).



THE SHSAA BOUTIQUE  
is hosted by  
SPORTLOGO





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 REGIONAL AND PROVINCIAL BADMINTON

**PROVINCIAL DATE:** May 13, 2023  
**LOCATION:** Unity Composite High School  
**COMMISSIONER:** [Ken Parker](#)  
**PHONE:** 306-228-2657

**Rules and Procedures:** Refer to the SHSAA Handbook Badminton Pages 93-96 or the SHSAA [Badminton Activity page](#)

**Official Shuttlecock:** The SHSAA has a sponsorship contract with Yonex Canada. The Yonex Mavis 300, Blue Band Shuttle will be supplied by the SHSAA & Yonex for each District, Regional, and Provincial Tournament.

**Accommodation:** For SHSAA Room Blocks visit the SHSAA website [Provincial Accommodation](#).

**Inquiries:** Please contact the respective commissioners or the SHSAA Office at 306-721-2151

### REGIONAL PLAYOFFS

**MAY 6, 2023**

Reminder to all District Commissioners: You must have your entries for Regional Badminton into the Regional host and SHSAA office by Sunday, April 30<sup>th</sup>.

LOCATION	SERIES A Campbell Collegiate	SERIES B Yorkton Regional	SERIES C Nipawin	SERIES D Unity
CONTACT	Aaron Anderson	Jessica Kyle	Shay Neufeld	Ken Parker
PHONE	306-522-5572	306-786-5560	306-862-4671	306-228-2657
FORMAT	8 - TEAM	8 - TEAM	6 - TEAM	6 - TEAM
PARTICIPATING DISTRICTS	SOUTH WEST	SOUTH EAST	NORTH EAST	NORTH WEST
	SOUTH CENTRAL	QU' APPELLE VALLEY	NORTH CENTRAL	BATTLE WEST
	WEST CENTRAL	HORIZON CENTRAL	SASKATOON	CENTRAL VALLEY
	REGINA	EAST CENTRAL		





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2023 PROVINCIAL TRACK & FIELD

**DATE:** June 2 – 3, 2023  
**LOCATION:** Gordie Howe Track & Field Complex - Saskatoon  
**COMMISSIONER:** [Jud Heilman](#)

Participating Districts and schools are responsible to book their own accommodation. For a listing of Saskatoon Hotels please check the SHSAA website [Provincial Accommodation](#) for room blocks secured by the Host.

Please refer to the SHSAA handbook pages 119 - 125 or the SHSAA [Track & Field Activity page](#) for regulations concerning the event.

**Wheelchair Events:** The 100m and 400m wheelchair events have been approved as events for this meet. Please contact the SHSAA office with entries for the wheelchair events.

**Quadathlon:** There will be a Junior and Senior category for Boys and Girls competitions.

- 4 events (100m, 800m, Long Jump, & Shot Put) are each scored on the best performance by the individual. The winner is the competitor who accumulates the most points through the 4 events.
- Athletes participating in the Quadathlon will not be allowed to compete in other individual events at the SHSAA Championships but may compete in any age appropriate relays.
- All athletes competing in the Quadathlon at the SHSAA Track and Field Championships are expected to have competed in a similar event at their District Track Meet.
  - Shot Put implement: Boys – 12 lb; Girls – 4 kg

**HY-TEK:** The district team advancer information will be provided to each district. Entries are due to the SHSAA office on or before May 28, 2023. Substitutions for original entries may be made until 4:00pm on May 31, 2023.

**OFFICIALS' ASSIGNMENTS:** Districts shall supply officials to assist the head official at each event as shown in the table. Please forward names of your District officials to the SHSAA Office. A fine of \$100.00 will be assessed to any District that does not comply with these criteria. Athletes must not be assigned as officials (except for two rakers in Junior Quad).

TASK	DISTRICT ASSIGNED
TRACK JUDGES & OFFICIALS:	CENTRAL VALLEY NORTH EAST HORIZON CENTRAL SOUTH WEST QU'APPELLE VALLEY
SHOT (2):	SOUTH CENTRAL
LONG JUMP (2):	EAST CENTRAL
POLE VAULT (2):	REGINA
JAVELIN (2):	WEST CENTRAL
JUNIOR GIRLS QUAD LONG (4 - two can be students):	WEST CENTRAL
DISCUS (2):	SOUTH EAST
JUNIOR BOYS QUAD LONG (4 - two can be students):	SOUTH EAST
TRIPLE JUMP (2):	NORTH WEST
JUNIOR GIRLS QUAD SHOT (4 - two can be students):	NORTH WEST
HIGH JUMP (2):	BATTLE WEST
JUNIOR BOYS QUAD SHOT (4 - two can be students):	BATTLE WEST
AWARDS (2):	NORTH CENTRAL
HEAD OFFICIAL FOR JUNIOR QUAD EVENTS (SP AND LJ) (1 per event):	NORTH CENTRAL
HEAD OFFICIAL FOR EACH EVENT except Junior Quad:	SASKATOON SASK ATHLETICS

**TRACK & FIELD SCHEDULE:** The schedule will be posted on the SHSAA Website when it has been finalized.



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## 2022 FALL ACTIVITY RESULTS

### SHSAA PROVINCIAL GRASS GOLF CHAMPIONSHIP RESULTS

September 23 – 24, 2022

Jackfish Lake, SK

#### DISTRICT TEAM RESULTS

**Boys** (best three scores per hole)

	DISTRICT	FRI	SAT	TOTAL
1	South East	213	224	437
2	Central Valley	224	235	459
3	South Central	231	232	463
3	North East	225	247	472
5	North Central	233	246	479
6	South West	237	255	486
7	Qu'Appelle Valley	250	252	502
8	West Central	264	254	518
9	East Central	259	261	520
10	Battle West	274	255	529
11	Horizon Central	273	273	546
12	North West	293	292	585

**Girls** (best two scores per hole)

	DISTRICT	FRI	SAT	TOTAL
1	East Central	167	178	345
2	South West	175	180	355
3	Horizon Central	192	169	361
4	West Central	179	193	372
5	Battle West	185	193	378
6	South East	194	188	382
7	North East	197	192	389
8	Qu'Appelle Valley	195	197	392
9	South Central	205	205	410
10	Saskatoon	219	210	429
11	North Central	300	299	599

#### INDIVIDUAL RESULTS

##### Boys

	NAME	SCHOOL	FRI	SAT	TOTAL
1	Max Regier	ST Walter Murray	70	74	144
2	Darien Herlick	Weyburn	70	75	145
3	Davin Karst	Assiniboia	76	76	152
4	Myles Johnson	Martensville	76	78	154
5	Cole Taylor	Nipawin	76	80	156
6	Connor Spencer	Estevan	78	79	157
7	Hudson Heistad	Avonlea	84	76	160
7	Dade Bernatchez	La Ronge Churchill	76	84	160
7	Kerr Cudmore	Wawota	75	85	160
10	Porter Barnett	Carlyle	78	83	161
11	Eric Woodley	Moose Jaw Central	78	85	163
12	Jagger Bitz	Warman	86	79	165
12	Jack Bechard	Tisdale	80	85	165
14	Wyatt Frei	Milestone	83	83	166
14	Max McDougall	PA Carlton	81	85	166
14	Brayden Skene	Martensville	80	86	166
14	Kyler Kohli	RG Riffel	79	87	166
18	Makstr McIntyre	Swift Current	85	82	167
19	Gavin Bodnarchuk	Wynyard	84	86	170
19	Owen Myrhe	Tisdale	78	92	170

##### Girls

	NAME	SCHOOL	FRI	SAT	TOTAL
1	Ella Kozak	Sacred Heart	67	69	136
2	Chloe Wills	Kyle	81	81	162
3	Niya Friesen	Swift Current	85	88	173
4	Nessah Hamilton	Whitewood	88	86	174
5	Sarah Henderson	ST Holy Cross	93	87	180
6	Ameris Wasmuth	NB John Paul II	87	96	183
7	Jade Krainyk	Redvers	92	92	184
8	Hailey Chegus	Watson	112	80	192
9	Mia Riegel	Swift Current	98	99	197
10	Anna Kowalyk	Hudson Bay	105	98	203
11	Julia McCarthy	Cut Knife	105	105	210
11	Ayla Stevens	Kindersley	98	112	210
13	Lexis Hague	Wynyard	111	103	214
14	Lyla Thiessen	Swift Current	112	105	217
14	Jordan Eger	Coronach	109	108	217
16	Jayla Hannan	Lumsden	107	111	218
17	Logan Englot	Melfort	109	113	222
18	Georgia Strasser	Watson	116	107	223
18	Taylin Ruf	Kamsack	111	112	223
20	Blayze Braaten	Birch Hills	106	118	224

For complete individual results check the results listed at  
[SHSAA Golf Results](#)



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL CROSS COUNTRY CHAMPIONSHIP RESULTS

October 15, 2022

Wapiti Valley Ski Hill

### SCHOOL TEAM RESULTS

1A		2A		3A		4A		5A	
SCHOOL	PTS	SCHOOL	PTS	SCHOOL	PTS	SCHOOL	PTS	SCHOOL	PTS
Muenster	140	RG Laval	15	Clavet	89	MJ Central	35	ST Aden Bowman	13
Middle Lake	176	LCBI	121	Wynyard	96	Lumsden	85	RG Sheldon-Williams	21
Lake Lenore	186	Rossignol	138	Oxbow	98	ST Marion Graham	87	ST Walter Murray	22
Allan	235	Lashburn	194	Dalmeny	145	Humboldt	140	RG LeBoldus	26
Osler	254	Strasbourg	200	Carlyle	152	Nipawin	171	ST Holy Cross	34
Watson	258	Rocanville	213	Moosomin	175	Yorkton Sacred Heart	177	ST St. Joseph	37
Lemberg	315	Canora	220	Chief Keenatch	182	Tisdale	188	ST BJM	40
		Maidstone	232	Carnduff	182	Melfort	226	RG Campbell	48
				Indian Head	198	Notre Dame	286	MJ Peacock	50
				Rosthern JC	199			Warman	69
				Rosetown	212			PA Carlton	72
				Kindersley	236			Swift Current	72
								ST Tommy Douglas	74
								Yorkton Regional	77
								Weyburn	78
								Lloyd Comp	86
								NB Comp	110
								RG Winston Knoll	122
								Balgonie Greenall	155
								Estevan	241
								Lloyd Holy Rosary	252

### DISTRICT RESULTS

INTERMEDIATE BOYS		PTS	JUNIOR BOYS		PTS	SENIOR BOYS		PTS
South East		28	Saskatoon		15	Regina		16
Saskatoon		43	Qu'Appelle Valley		84	Saskatoon		29
East Central		66	North West		107	North Central		97
Regina		89	North Central		110	Horizon Central		106
Central Valley		126	Central Valley		111	Qu'Appelle Valley		141
North West		147	Regina		126	North West		155
Horizon Central		158	South Central		129	South Central		156
North East		167	South East		136	South East		172
West Central		214	Horizon Central		139	Central Valley		180
Battle West		232	North East		173	North East		197
South Central		273				East Central		208
Qu'Appelle Valley		368				Battle West		276

INTERMEDIATE GIRLS		PTS	JUNIOR GIRLS		PTS	SENIOR GIRLS		PTS
Regina		28	Saskatoon		25	Saskatoon		27
Saskatoon		38	Regina		44	Regina		48
Central Valley		62	South Central		46	Horizon Central		73
Horizon Central		85	Horizon Central		52	Central Valley		91
Battle West		103	South East		148	South Central		105
North West		136	North West		160	South West		123
West Central		161	Qu'Appelle Valley		166	South East		135
South Central		180	East Central		178	North Central		171
South East		185				North West		180
North East		268				East Central		256
North Central		282						
Qu'Appelle Valley		296						

[SHSAA Cross Country Results](#)





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP RESULTS

October 18 – 29, 2022

### 5A BOYS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 20	Region A	Prince Albert	PA École St. Mary	1	PA Carlton	0
October 18	Region D	Yorkton	Yorkton Regional	3	Swift Current	1
October 28	Quarter-Final	Yorkton	Saskatoon St. Joseph	6	Swift Current	1
October 28	Quarter-Final	Yorkton	Regina O'Neill	1	PA École St. Mary	8
October 28	Quarter-Final	Yorkton	Saskatoon Holy Cross	3	Yorkton Regional	1
October 28	Quarter-Final	Yorkton	PA Carlton	0	Regina Campbell	3
October 28	Championship Semi	Yorkton	Saskatoon St. Joseph	3	PA École St. Mary	2
October 28	Championship Semi	Yorkton	Saskatoon Holy Cross	3	Regina Campbell	2
October 28	Consolation Semi	Yorkton	Swift Current	2	Regina O'Neill	3
October 28	Consolation Semi	Yorkton	Yorkton Regional	1	PA Carlton	2
October 29	Consolation Final	Yorkton	Regina O'Neill	3	PA Carlton	2
October 29	Bronze Medal	Yorkton	PA École St. Mary	6	Regina Campbell	2
October 29	Gold Medal	Yorkton	Saskatoon St. Joseph	0	Saskatoon Holy Cross	1

### 4A BOYS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 22	Region A	Prince Albert	Chief John Keenatch	4	Humboldt	2
October 22	Region A	Prince Albert	Martensville	2	Chief Little Pine	0
October 22	Region A	Prince Albert	Chief John Keenatch	0	Martensville	2
October 21	Region B	Regina	Regina Huda	2	Regina Johnson	3
October 21	Region B	Regina	Yorkton Sacred Heart	6	Regina Luther	1
October 22	Region B	Regina	Moose Jaw Central	4	Regina Johnson	1
October 22	Region B	Regina	Yorkton Sacred Heart	2	Regina Laval	1
October 22	Region B	Regina	Moose Jaw Central	4	Yorkton Sacred Heart	0
October 28	Championship Semi	Moose Jaw	Moose Jaw Central	8	Chief John Keenatch	1
October 28	Championship Semi	Moose Jaw	Martensville	1	Yorkton Sacred Heart	6
October 29	Bronze Medal	Moose Jaw	Chief John Keenatch	4	Martensville	2
October 29	Gold Medal	Moose Jaw	Moose Jaw Central	3	Yorkton Sacred Heart	1

### 3A BOYS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 21	Region A	Osler	Rosthern JC	1	Ahtahkakoop	4
October 21	Region A	Osler	Stobart	2	Waldheim	1
October 21	Region A	Osler	Cst. Robin Cameron	1	Langham	5
October 22	Region A	Osler	Osler VCA	7	Ahtahkakoop	0
October 22	Region A	Osler	Stobart	2	Langham	1
October 22	Region A	Osler	Osler VCA	2	Stobart	3
October 21	Region B	Cudworth	Lake Lenore	4	Wynyard	0
October 21	Region B	Cudworth	St. Brieux	0	Cudworth	1
October 21	Region B	Cudworth	Lake Lenore	1	Cudworth	3
October 28	Championship Semi	Lake Lenore	Cudworth	3	Osler VCA	1
October 28	Championship Semi	Lake Lenore	Stobart	0	Lake Lenore	2
October 29	Bronze Medal	Lake Lenore	Osler VCA	4	Stobart	0
October 29	Gold Medal	Lake Lenore	Cudworth	0	Lake Lenore	4



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP RESULTS

October 18 – 29, 2022

### 5A GIRLS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 21	Region A	Prince Albert	PA Carlton	1	North Battleford Comp	0
October 22	Region A	Prince Albert	Warman	7	PA Carlton	0
October 21	Region D	Swift Current	Yorkton Regional	8	Weyburn	0
October 22	Region D	Swift Current	Swift Current	2	Yorkton Regional	0
October 28	Quarter-Final	Regina	Saskatoon St. Joseph	4	Yorkton Regional	0
October 28	Quarter-Final	Regina	Regina LeBoldus	0	Warman	3
October 28	Quarter-Final	Regina	Saskatoon Holy Cross	1	Swift Current	0
October 28	Quarter-Final	Regina	PA Carlton	0	Regina O'Neill	8
October 28	Championship Semi	Regina	Saskatoon St. Joseph	5	Warman	1
October 28	Championship Semi	Regina	Saskatoon Holy Cross	2	Regina O'Neill	0
October 28	Consolation Semi	Regina	Yorkton Regional	2	Regina LeBoldus	1
October 29	Consolation Semi	Regina	Swift Current	9	PA Carlton	0
October 29	Consolation Final	Regina	Yorkton Regional	0	Swift Current	8
October 29	Bronze Medal	Regina	Warman	5	Regina O'Neill	0
October 29	Gold Medal	Regina	Saskatoon St. Joseph	2	Saskatoon Holy Cross	0

### 4A GIRLS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 20	Play-in Game	North Battleford	NB John Paul II	0	Chief John Keenatch	13
October 22	Play-in Game	Yorkton	Yorkton Sacred Heart	5	Moose Jaw Central	0
October 22	Play-in Game	Regina	Regina Luther	2	Moose Jaw Vanier	1
October 28	Championship Semi	Martensville	Chief John Keenatch	4	Martensville	5
October 28	Championship Semi	Martensville	Yorkton Sacred Heart	1	Regina Luther	2
October 29	Bronze Medal	Martensville	Chief John Keenatch	5	Yorkton Sacred Heart	6
October 29	Gold Medal	Martensville	Martensville	0	Regina Luther	2

### 3A GIRLS PROVINCIAL CHAMPIONSHIP

Date	Competition	Location	Home	Score	Away	Score
October 22	Region A	Chief Little Pine	Chief Little Pine	1	Ahtahkakoop	0
October 22	Region A	Chief Little Pine	Outlook LCBI	5	Maymont	0
October 22	Region A	Chief Little Pine	Chief Little Pine	7	Outlook LCBI	2
October 22	Region B	Osler	Osler VCA	1	Cst. Robin Cameron	0
October 22	Region B	Osler	Middle Lake	4	Rosthern JC	1
October 22	Region B	Osler	Osler VCA	5	Middle Lake	2
October 28	Championship Semi	Outlook	Osler VCA	2	Outlook LCBI	1
October 28	Championship Semi	Outlook	Chief Little Pine	3	Middle Lake	4
October 29	Bronze Medal	Outlook	Outlook LCBI	6	Chief Little Pine	1
October 29	Gold Medal	Outlook	Osler VCA	1	Middle Lake	2

*For complete results and game comments check the results listed at*

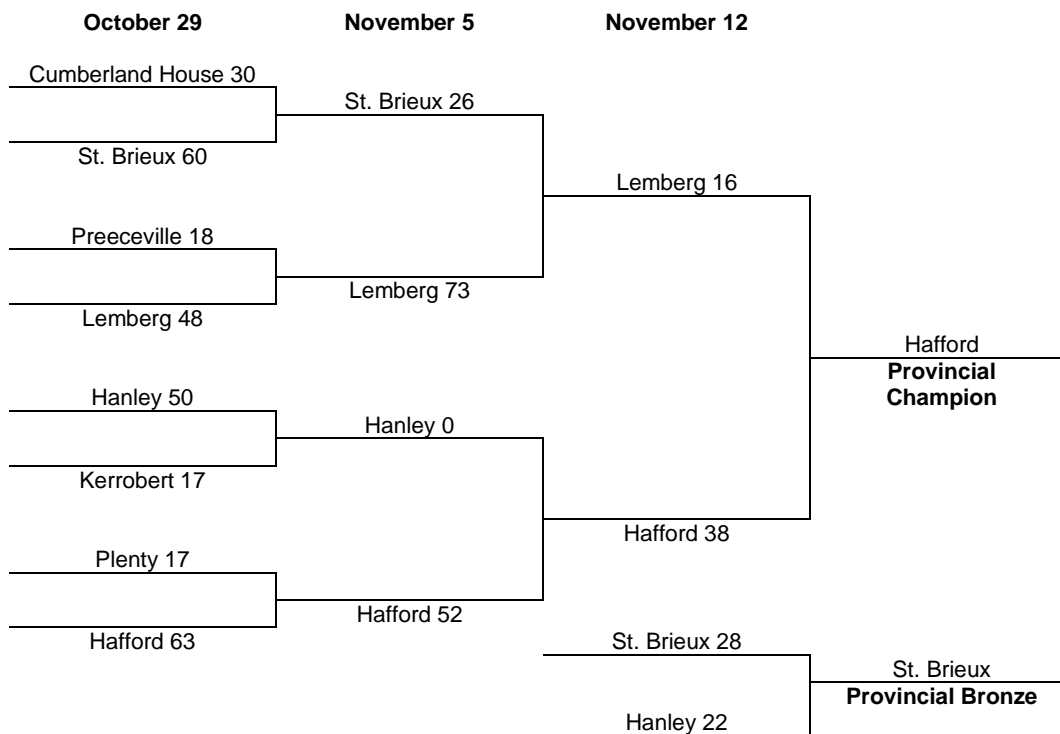
[SHSAA Soccer Results](#)



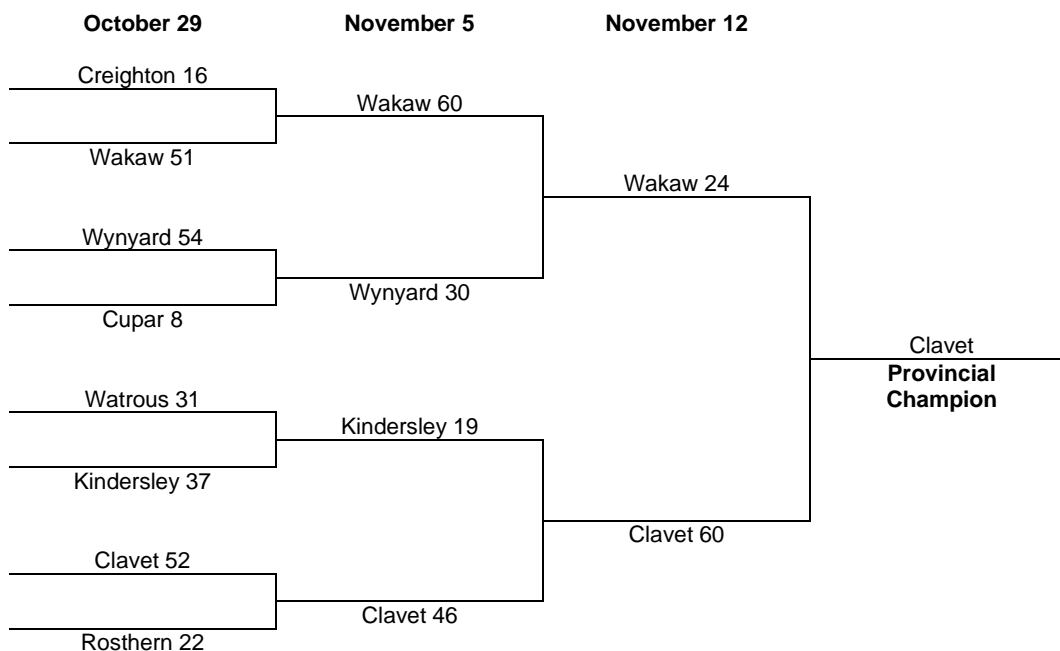
# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL FOOTBALL CHAMPIONSHIP RESULTS October 27 – November 12, 2022

### 1A 6-ASIDE PROVINCIAL CHAMPIONSHIP



### 2A 6-ASIDE PROVINCIAL CHAMPIONSHIP

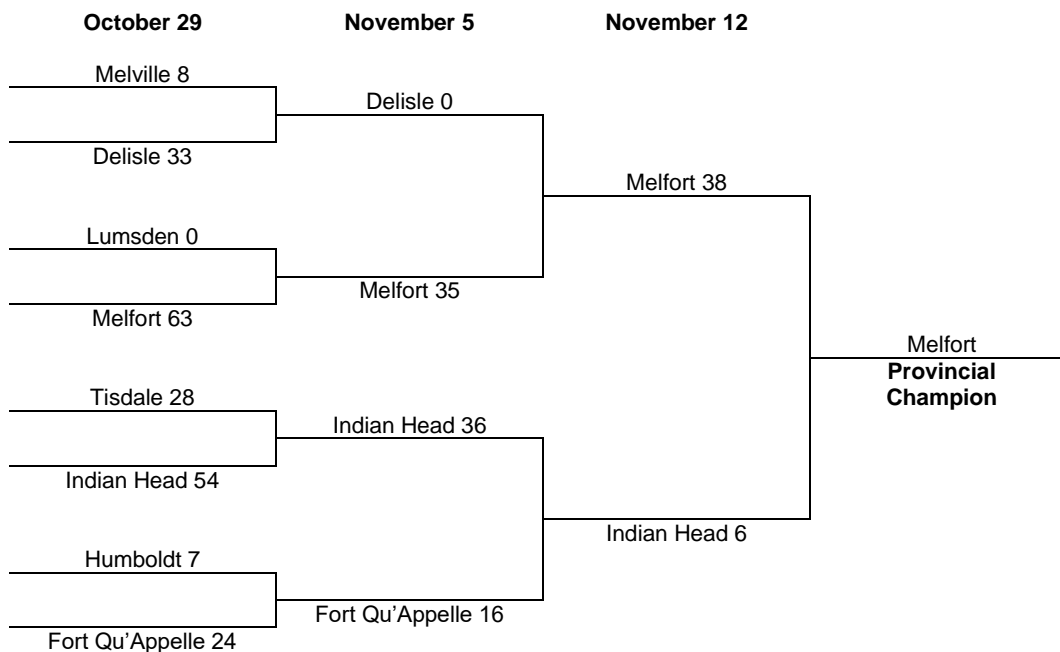




# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL FOOTBALL CHAMPIONSHIP RESULTS October 27 – November 12, 2022

### 4A 9-ASIDE PROVINCIAL CHAMPIONSHIP



### 5A 12-ASIDE PROVINCIAL CHAMPIONSHIP





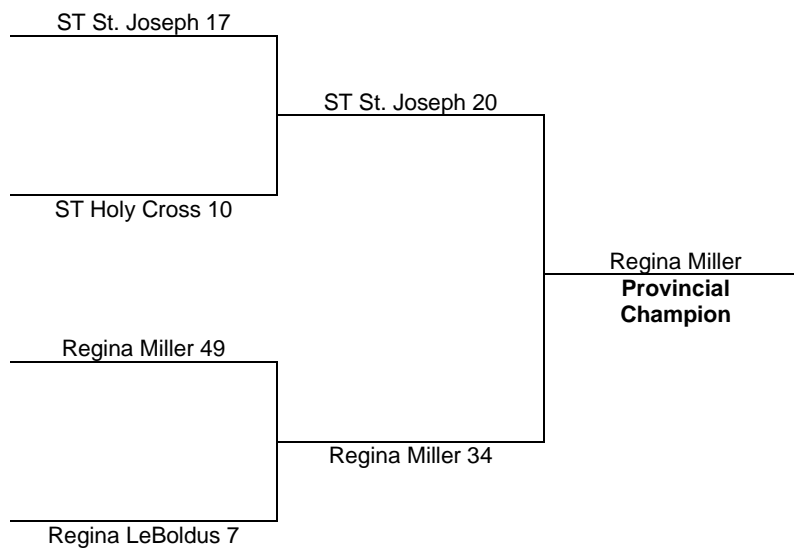
# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

## SHSAA PROVINCIAL FOOTBALL CHAMPIONSHIP RESULTS October 27 – November 12, 2022

### 6A 12-ASIDE PROVINCIAL CHAMPIONSHIP

Nov 4

November 11



**November 18 – 19, 2022**

**Pool Results:**

POOL A			POOL B		
Lampman	4	0	Edam H. Hardcastle	3	1
Rose Valley	3	1	LeRoy	3	1
Bellevue École St. Isidore	2	2	Plenty North West Central	2	2
Leoville	1	3	Wawota Parkland	2	2
Vanguard	0	4	Kyle	0	4

## Lampman 2

(25-16, 25-6)	Lampman 2		
Wawota Parkland 0			
	(25-22, 25-23)	Lampman 0	
LeRoy 0			
(25-14, 25-20)	Bellevue École St. Isidore 0		
Bellevue École St. Isidore 2		(25-13, 25-22)	Rose Valley
Edam H. Hardcastle 2			<b>Provincial Champion</b>
(19-25, 25-13, 15-6)	Edam H. Hardcastle 0		
Leoville 1			
	(25-21, 25-23)	Rose Valley 2	
Rose Valley 2			
(25-23, 26-24)	Rose Valley 2		
Plenty North West Central 0			
		Bellevue École St. Isidore 0	
		(25-22, 25-15)	Edam H. Hardcastle
			<b>Bronze Medal</b>
		Edam H. Hardcastle 2	

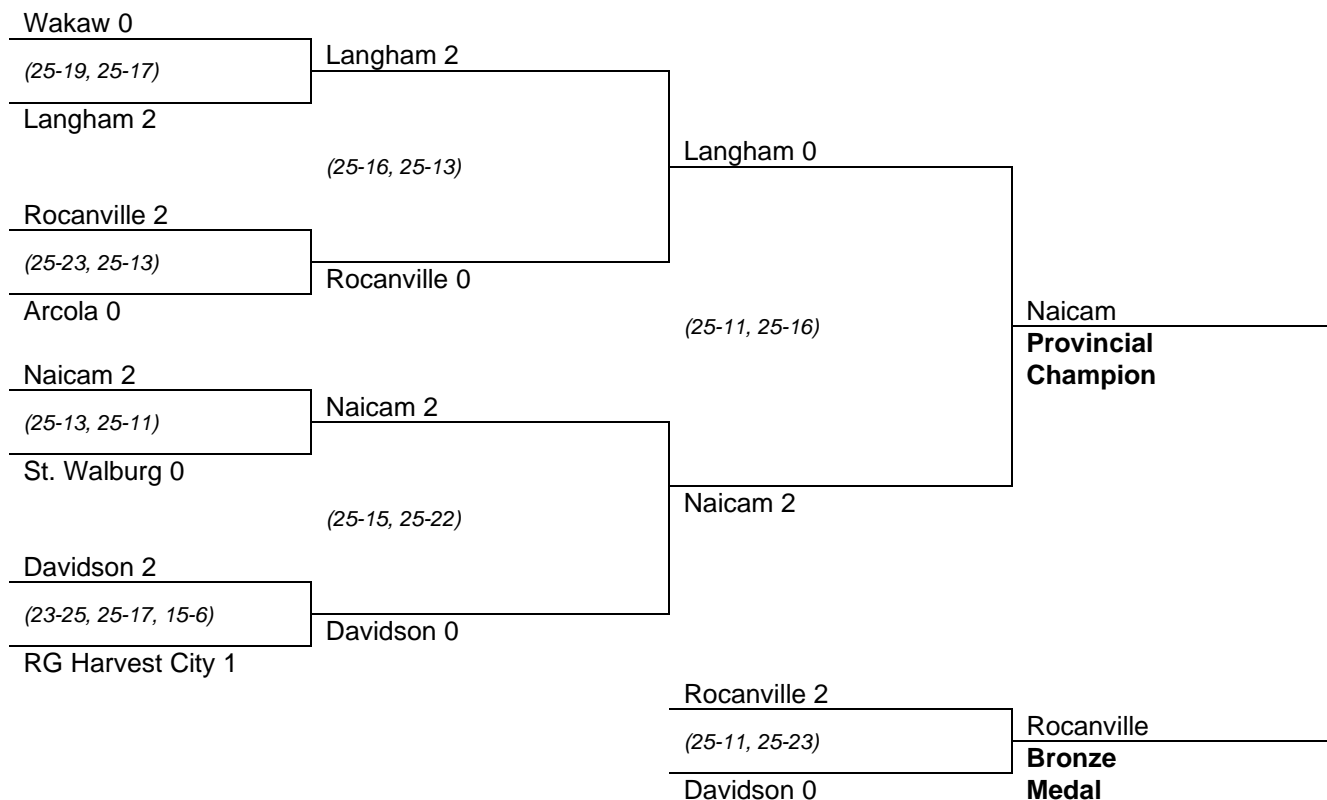
<i>Award</i>	<i>School</i>	<i>Coach</i>
Gold	Rose Valley	Trevor Smith
Silver	Lampman	Whitney Czerwonka
Bronze	Edam H. Hardcastle	Lorne Long
Fourth	Bellevue École St. Isidore	Michel Gareau





## 2A GIRLS @ GULL LAKE

Wakaw	3	1	Naicam	4	0
Davidson	3	1	Rocanville	3	1
Arcola	2	2	RG Harvest City	2	2
St. Walburg	2	2	Langham	1	3
Gull Lake	0	4	Makwa	0	4



<i>Award</i>	<i>School</i>	<i>Coach</i>
Gold	Naicam	Dwight Wrubleski
Silver	Langham Walter W. Brown	Shawn Huber
Bronze	Rocanville	Cathy Johnston
Fourth	Davidson	Jason Low



### 3A GIRLS @ MACKLIN

Lanigan	4	0	Unity	3	1
Carnduff	3	1	Kipling	3	1
Macklin	2	2	Dalmeny	2	2
Briercrest	1	3	Watrous Winston High	1	3
Maple Creek	0	4	Oxbow Prairie Horizons	1	3

**Bronze Medal**

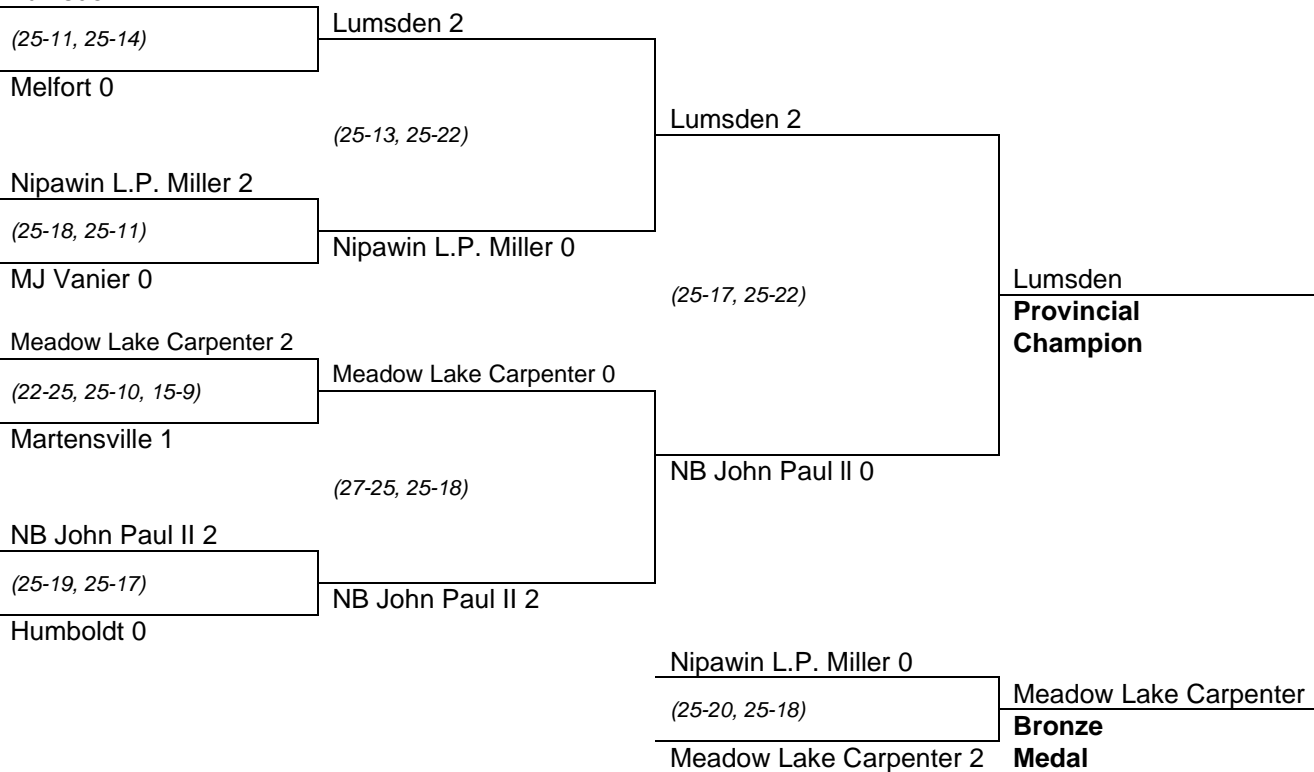
<i>Award</i>	<i>School</i>	<i>Coach</i>
Gold	Lanigan	Haley Wagar
Silver	Briercrest Christian Academy	Perry Martens
Bronze	Kipling	Garth Shoemaker
Fourth	Dalmeny	Karla Blum

**November 18 – 19, 2022**

### Pool Results:

POOL A			POOL B		
Lumsden	4	0	Meadow Lake	3	1
NB John Paul II	3	1	Nipawin L.P. Miller	3	1
MJ Vanier	2	2	Humboldt	2	2
Martensville	1	3	Melfort	1	3
Tisdale	0	4	MJ Central	1	3

## Lumsden 2



<i>Award</i>	<i>School</i>	<i>Coach</i>
Gold	Lumsden	Don Morrison
Silver	NB John Paul II	Cherelle Cadrain
Bronze	Meadow Lake Carpenter	Desiree Klarner
Fourth	Nipawin L.P. Miller	Kevin Stene



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

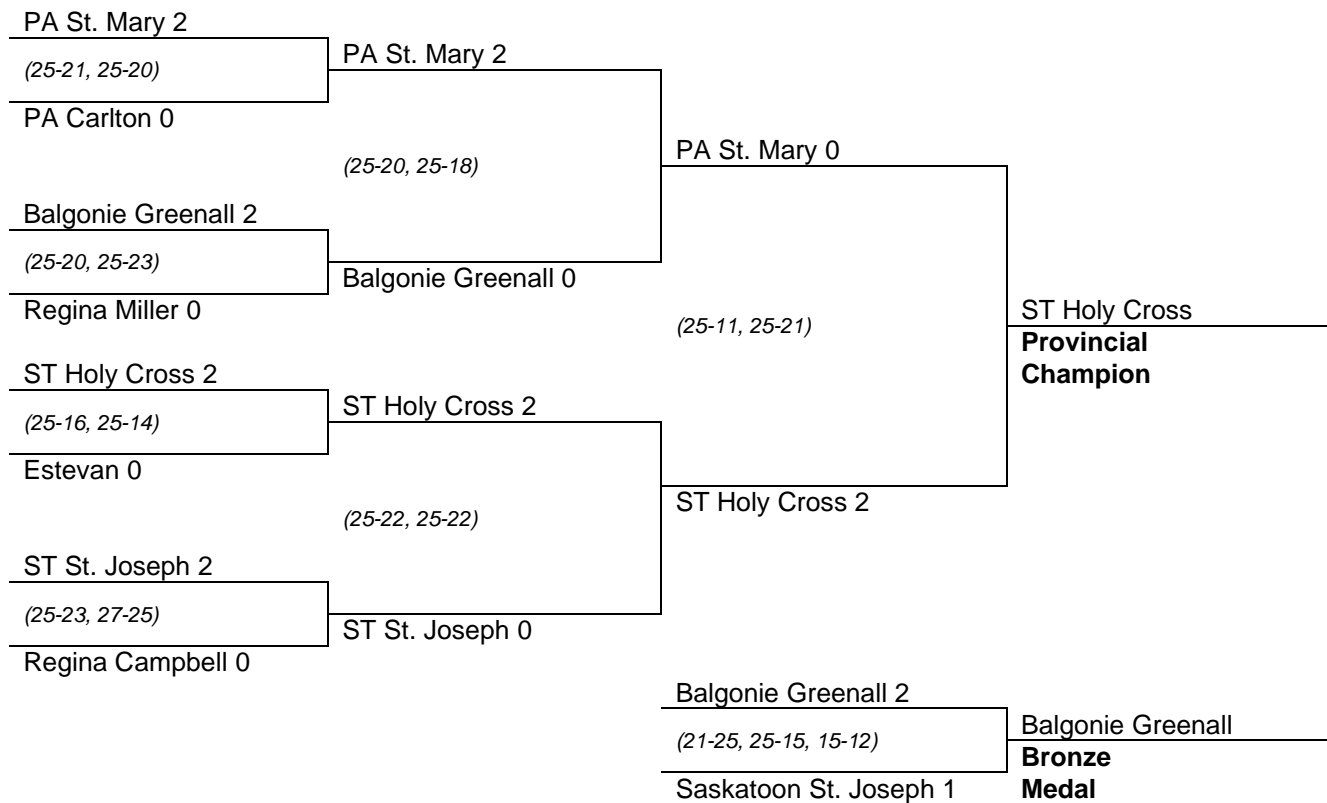
## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP RESULTS November 25 – 26, 2022

### 5A GIRLS @ BALGONIE

**Pool Results:**

POOL A		POOL B	
PA St. Mary	4 0	ST Holy Cross	4 0
ST St. Joseph	3 1	Balgonie Greenall	3 1
RG Miller	2 2	RG Campbell	2 2
Estevan	1 3	PA Carlton	1 3
RG LeBoldus	0 4	Swift Current	0 4

**Championship  
Bracket:**



Award	School	Coach
Gold	Saskatoon Holy Cross	Jay Magus
Silver	PA École St. Mary	Shaun Hunko
Bronze	Balgonie Greenall	Dwight Fuhro
Fourth	Saskatoon St. Joseph	Taylor Annala



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

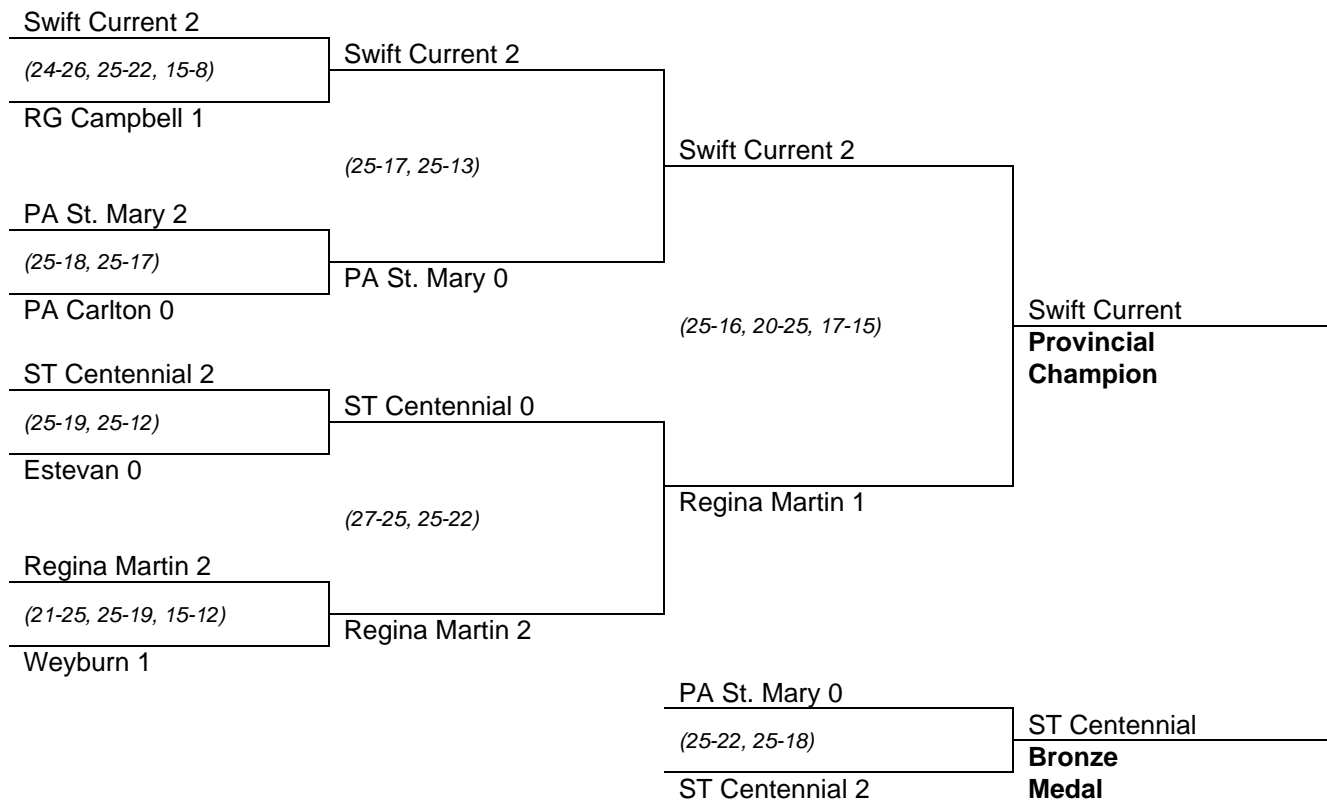
## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP RESULTS November 18 – 19, 2022

### 5A BOYS @ SWIFT CURRENT

#### Pool Results:

POOL A			POOL B		
Swift Current	4	0	ST Centennial	4	0
Regina Martin	3	1	PA St. Mary	3	1
PA Carlton	2	2	Weyburn	2	2
Estevan	1	3	RG Campbell	1	3
ST Holy Cross	0	4	RG Winston Knoll	0	4

#### Championship Bracket:



Award	School	Coach
Gold	Swift Current	Darren Lehmann
Silver	Regina Martin	Warren Gilroy
Bronze	Saskatoon Centennial	Dan Andrie
Fourth	PA École St. Mary	Rene Quintal

**November 25 – 26, 2022**

### Pool Results:

POOL A			POOL B		
Meadow Lake Carpenter	4	0	NB John Paul II	4	0
Melfort	3	1	MJ Vanier	3	1
Melville	2	2	MJ Central	2	2
La Loche Dene High	1	3	ST Marion Graham	1	3
Martensville	0	4	PACI	0	4

## Meadow Lake 2

Meadow Lake 2 (25-10, 25-13)	Meadow Lake 2	
ST Marion Graham 0	(22-20, 26-24)	
MJ Vanier 2 (26-24, 25-19)	MJ Vanier 0	
Melville 0	(25-22, 25-18)	Meadow Lake <b>Provincial Champion</b>
NB John Paul II 2 (25-17, 26-24)	NB John Paul II 2	
La Loche Dene High 0	(25-16, 25-20)	
Melfort 2 (25-22, 25-19)	Melfort 0	
MJ Central 0		
	MJ Vanier 0 (25-16, 25-19)	Melfort <b>Bronze Medal</b>
	Melfort 2	

<i>Award</i>	<i>School</i>	<i>Coach</i>
Gold	Meadow Lake Carpenter	Cheyne Dallyn
Silver	NB John Paul II	Shallen Barabash
Bronze	Melfort	Jerome Linnell
Fourth	MJ Vanier	Levi Broda





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

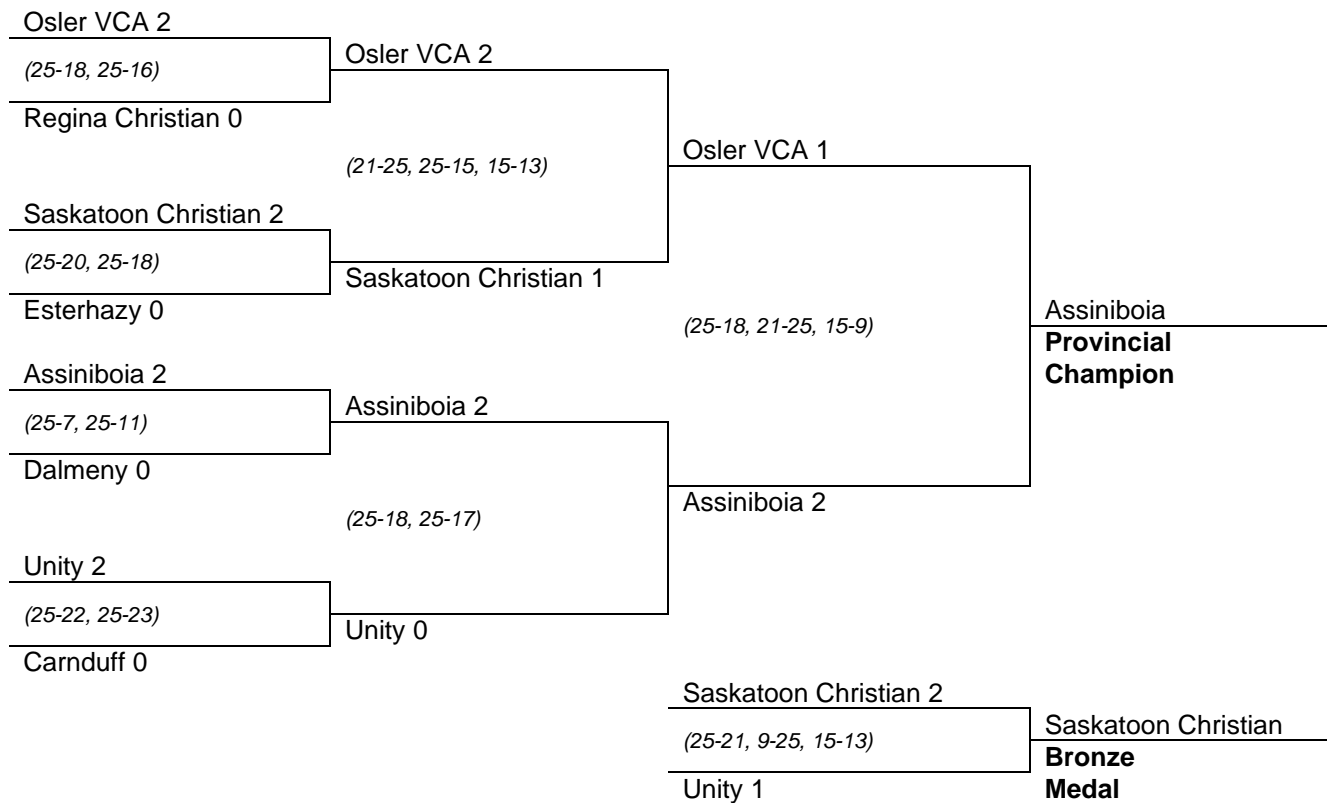
## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP RESULTS November 25 – 26, 2022

### 3A BOYS @ ASSINIBOIA

#### Pool Results:

POOL A			POOL B		
Osler VCA	4	0	Assiniboia	4	0
Unity	3	1	Saskatoon Christian	3	1
Esterhazy	2	2	Carnduff	2	2
Dalmeny	1	3	Regina Christian	1	3
Biggar	0	4	Outlook	0	4

#### Championship Bracket:



Award	School	Coach
Gold	Assiniboia	Matt Lothian
Silver	Osler VCA	Tyler Golding
Bronze	Saskatoon Christian	Terry Graham
Fourth	Unity	Ken Parker



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

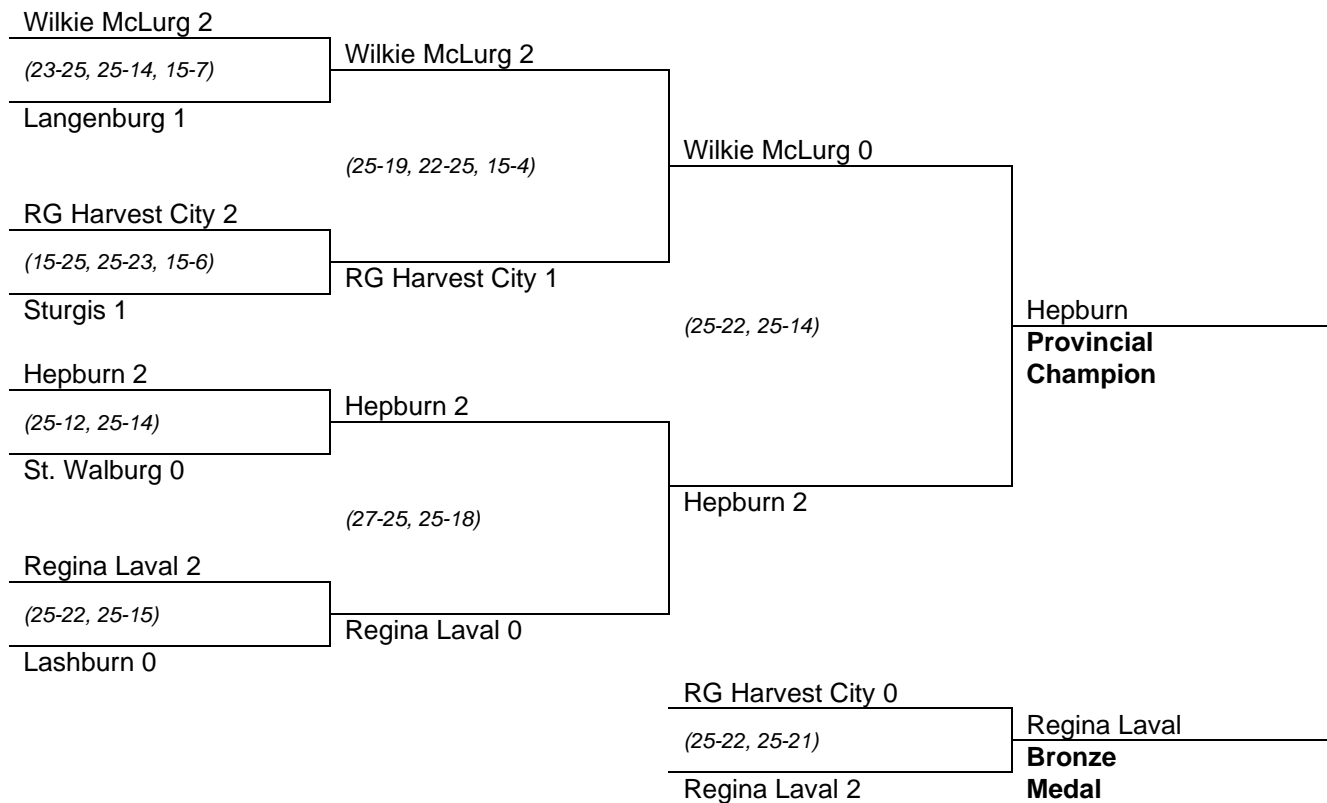
## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP RESULTS November 25 – 26, 2022

### 2A BOYS @ REGINA HARVEST CITY

**Pool Results:**

POOL A			POOL B		
Wilkie McLurg	4	0	Hepburn	4	0
Regina Laval	3	1	RG Harvest City	3	1
Sturgis	2	2	Lashburn	2	2
St. Walburg	1	3	Langenburg	1	3
Birch Hills	0	4	Eston	0	4

**Championship  
Bracket:**





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

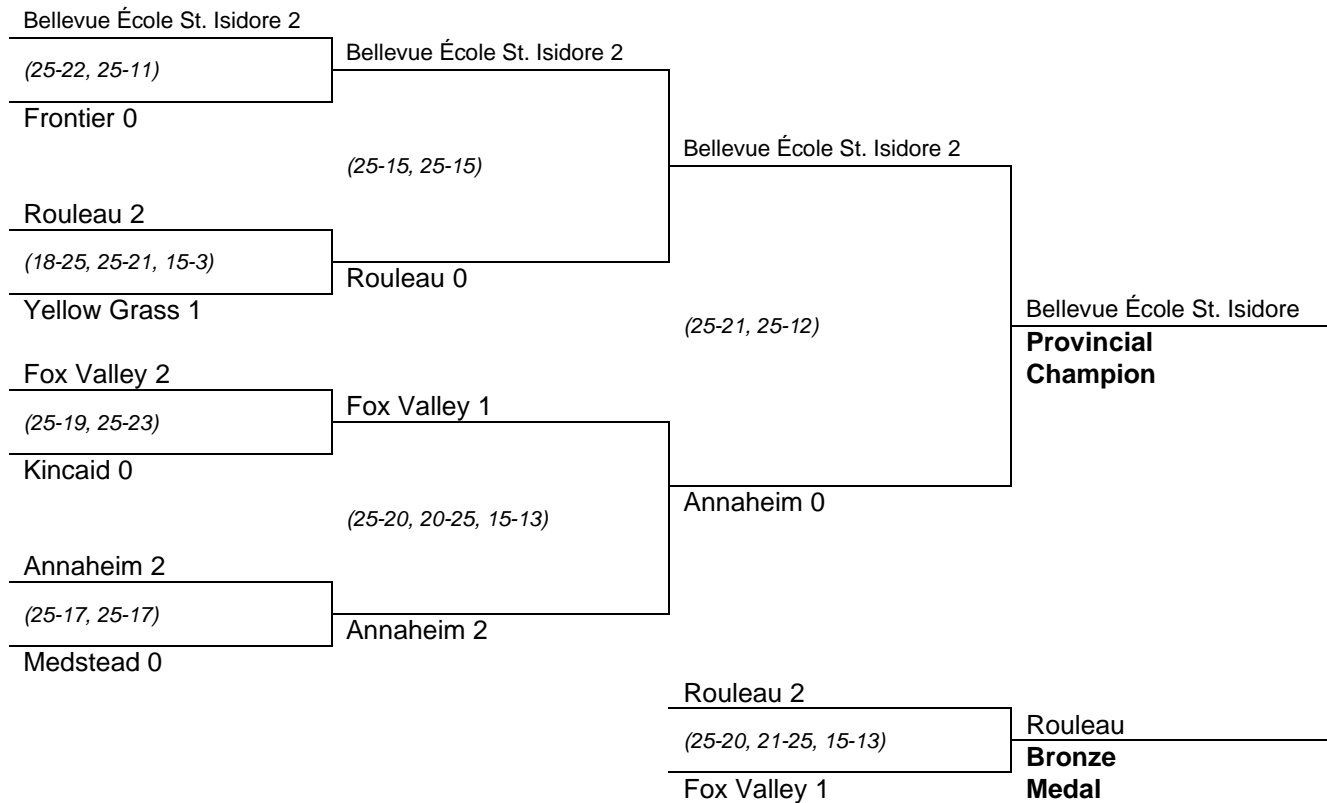
## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP RESULTS November 25 – 26, 2022

### 1A BOYS @ BEECHY

#### Pool Results:

POOL A			POOL B		
Bellevue St. Isidore	4	0	Fox Valley	3	1
Annaheim	3	1	Rouleau	3	1
Yellow Grass	1	3	Medstead	3	1
Kincaid	1	3	Frontier	1	3
Beechy	1	3	Englefeld	0	4

#### Championship Bracket:



Award	School	Coach
Gold	Bellevue École St. Isidore	Michel Gareau
Silver	Annaheim	Blair Wourms
Bronze	Rouleau	Mitch Singleton
Fourth	Fox Valley	Donald Schmaltz