



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SEPTEMBER 2020 NEWSLETTER

SHSAA EXECUTIVE 2020 - 2021

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Jeff Kitts, Moose Jaw

EXECUTIVE COUNCIL:

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Ryan Fowler, Weyburn
Nathan Noble, Meath Park
Darren Nordell, Edam
David Earl, Saskatoon
Sandra Surkan, Regina
Angela Mallory, Regina
Graham Comfort, Nipawin
Cathy Morrow, Outlook
Vicki Moore, Sun West SD**

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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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Executive Director's Report

Where does one start when trying to explain the impact the past 5 months has had on each of us. Regardless of where the conversation begins or ends, hopefully it is done with empathy and understanding. On behalf of the office staff, Executive Council, and SHSAA members, thank you for your dedication to educational athletics in Saskatchewan and your patience as we navigate the uncharted waters created by the response to COVID-19.

The SHSAA office staff welcomes each of you back to another year of educational athletics. Unfortunately, there is no crystal ball to tell us what this year will look like and what will be possible as we move forward. The office staff hope to always have someone available to address your inquiries in the upcoming school year. While not all staff will be in the office on the same days, there should be someone here to receive your inquiry and direct you to your best resource. Jessica Blair will be in the office each Monday and Tuesday, while Stefanie Lewis will be in Wednesday thru Friday. Dave Sandomirsky and I will alternate blocks of days in the office but regardless if we are in the office or not, we will be accessible when you contact the office.

The SHSAA Executive Council has two changes from last year. Sandra Surkan (Balfour Collegiate) replaces Kelly Adams as the Regina District representative while Val Gordon has finished her term as past president ending a decorated career as a SHSAA Executive member. Thank you to Kelly and Val for their dedication, insight, guidance, and leadership during their time with the Executive.

There are many stakeholders in the education sector, including SHSAA, and all must function cooperatively to provide a caring and comfortable environment where staff are supported and our children can develop academically, physically, emotionally, and socially. The Executive has been faced with near impossible decisions over the past 5 months and feedback received ranges from eliminating school sport to continuing school sport without adaptations regardless of the guidance provided in response to COVID. There is no opportunity for this volunteer group to make decisions that please everyone but you can rest assured that as people involved in providing education and care to Saskatchewan students, they carefully consider their own real life experiences as educators as well as the feedback they receive from colleagues and education sector stakeholders. They act under their mandate to provide the administrative format for school sport and have done so in a way that considers the safe and effective involvement of sport for those school divisions that choose to make sport a consideration in their plans to re-open schools.

As the Executive has been finding a means to provide hope for school sport in this school year, their focus has been on the fall activities. As they meet again in the coming weeks they will begin a look forward to the winter activity season to establish start dates that will meet the needs of the education sector and align with the updated Sports and Activities Guidelines of the Re-Open Saskatchewan Plan. In the meantime, the office staff are working on developing a resource to assist school divisions and schools that choose to participate in SHSAA sanctioned activities. Through consultations with Provincial Sport Organizations and the Business Response Team, staff will create a comprehensive document to provide guidance and recommendations for the fall activities.

School sport philosophy has always focussed on developing citizenship and life skills in student athletes whether that is through large invitational tournaments, participating in provincial playoffs, or simply engaging in training and local competition. It is safe to say that sport in schools is likely to resemble sport of a much simpler time when a less mobile society relied on the resources available at the school to provide the sport experience for youth in a local geographical area.

Finally, amidst all that is happening and the unknowns that sit ahead of us, the organization will be entering a time of excitement and transition. Later this fall the position of Assistant Executive Director will be advertised as Dave Sandomirsky has accepted the position of Executive Director starting on July 1, 2021. Look for more details in the coming months.

Although this is not what I had envisioned as the final year of my involvement with the Association, I continue to look forward to working with the dedicated group of volunteers that make school sport a reality in Saskatchewan.



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AGM Recap

SHSAA hosted a virtual AGM on June 25, 2020. This new, and unusual, format for the AGM seemed to be a fitting conclusion to the end of the SHSAA year as the pandemic created a “new normal” for the global community and school sport. South Central District was planning to host the AGM in Moose Jaw but due to COVID-19 that was not possible. We hope that conditions change so that we can enjoy the hospitality of the South Central District and the City of Moose Jaw at the 73rd SHSAA AGM in June 2021.

The SHSAA Executive and office staff met with District representatives at the end of April as it became evident that the traditional format for AGM would not be able to occur. In discussions at that time, Districts were asked to consider minimizing the number of requests for amendments to Constitution, Bylaws, and Polices. The Executive also realized that the approval for the work completed on the refresh of the Constitution, Bylaws, and Policies could wait until the 2021 AGM. As a result, there were very few amendments brought to the AGM and most of the meeting concentrated on the items required to fulfill the conditions for non-profit organizations.

Thank you to 150+ District representatives and special guests that attended the AGM. Your patience and understanding through the entire process of planning for the AGM and conducting the meeting is very much appreciated. Your efforts have allowed the Association to continue functioning as a viable and dynamic organization dedicated to the students of our province.

All documents from the AGM (presentations, resolution results, activity report with calendars, financial statements, etc.) can be accessed at <http://www.shsaa.ca/page/show/1010523-agm-info-and-resolutions>.

A quick review of resolution results is as follows:

- Central Valley has changed their competition colors for track & field and cross country
- Clarification was made to student eligibility outlining that students must represent the school at which they are enrolled
- The remuneration for volleyball officials working SHSAA playoffs was increased
- Clarification for basketball undergarments to provide more consistency to what is allowed
- The youngest age group in Track & Field and Cross Country will now be called Intermediate
- The mixed category in SHSAA Curling will now be known as Open Mixed Curling allowing for gender ratios of 3:1 and 2:2
 - i. Many changes were made to the activity policy section on curling to account for those situations where the gender ratio is 3:1
- Awarding of Last Rock, Practice Time, and Rock Color was clarified based on the recommendation of the Sport Advisory Group
- The Football notification date for changes in classification was moved from April 15 to May 31
- Soccer playoffs in all categories will continue to be conducted as in the past rather than adopting the move to only 4 team provincial championships in 3A and 4A classifications as first proposed at the 2019 AGM
- The Volleyball Canada warm-up protocol must be implemented at all SHSAA sanctioned volleyball events
- Wrestling attire was more clearly defined to include additional options for competitors
- An open weight classification for both boys and girls wrestling is now included in the SHSAA
 - i. Boys greater than 130kg
 - ii. Girls greater than 105kg

A reminder that team registration fees assessed to schools and District membership dues were both increased at the 2019 AGM effective the 2020-21 school year. Team fees will increase to \$42.50 while District dues increase to \$1,750.00 in addition to the per capita fee that is charged.



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Open Bids

At each AGM, championship hosts for the upcoming year, and following year, are determined by district rotation and open bids. Hosting rotations are available on the SHSAA website at <https://www.shsaa.ca/page/show/1004061-championship-host-site-projection>. The championships for 2020-2021 were confirmed except for 5A Girls Provincial Soccer, and the Boys and Girls 5A South Regional Volleyball Championships. If required, bids to host notification for these events will be sent to all members later this fall.

Below are championships that are OPEN for bid in the 2021-2022 school year:

2021 - 2022 (**Bids for championships due by November 27, 2020)

- Cross Country
- Golf
- 4A Boys Soccer
- 3A Boys Volleyball
- 5A Boys Volleyball

A few districts were unable to name their championship host sites for the 2021-2022 activities that are assigned by district rotation. Districts are asked to declare a host no later than the Presidents' meeting in December, after which time all championships in 2021-2022 without a host site will be declared OPEN. A list of these OPEN championships and the deadline for bids to host will be published in the January newsletter.

Awards

The AGM was also a time to recognize individuals for their contributions to high school sport and the SHSAA. Although our Service and Merit Award winners were not able to be recognized at an in-person AGM, there were video tributes created for each individual. Those Service and Merit tribute videos are available at <https://www.youtube.com/playlist?list=PLt-fEeTGvGtfwF6sIY8g3liReLE7EuqLE>. Previous years Service Award tributes (2018 and 2019) are also available on the SHSAA YouTube channel. We encourage you to visit <https://www.youtube.com/channel/UCOpIBBVGHt5snOrM26Xt09w> to view the videos and subscribe to the SHSAA YouTube channel.

The Association hopes that there will be an opportunity in the near future where the 2020 Service and Merit Award winners will be able to gather with their peers for further recognition of these significant achievements in their careers.

The Merit Award was bestowed upon two very deserving individuals:

Barry Croshaw, Horizon Central
Myles Loeffler, Central Valley

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

Pat Orobko	Battle West	Don McEwen	Qu' Appelle Valley
Grant Elke	Central Valley	Lyle Morley	Regina
Reg Leidl	East Central	Jill Konkin	Saskatoon
Curtis Strueby	Horizon Central	Al Wandler	South Central
Mark Williment	North Central	Shelley Sargent	South East
Jerry Heffernan	North East	Jennifer Foley	South West
Rob Kozinski	North West	Phil Guebert	West Central



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Districts are also asked to name recipients of the SHSAA Outstanding Coach & Official Awards. These individuals were recognized on the SHSAA website with notice given at the AGM. Each district will arrange for an opportunity to formally recognize these individuals amongst their peers. Congratulations to the following individuals:

2020 SHSAA Outstanding Coach & Official Awards

DISTRICT	MALE COACH		FEMALE COACH		OFFICIAL	
Battle West	Ryan Barnstable	Hafford	Shannon Caffet	Spiritwood	Graeme Gieni	Kerrobert
Central Valley	Clay Kirby	Hague	Laura Dahl	Rosthern	Aaron Schafhauser	Dalmeny
East Central	Tim Kempton	Langenburg	Arlene Prestie	Preeceville	Diane Filarczuk	Ituna
Horizon Central	Trevor Smith	Rose Valley	Audrey Severson	LeRoy	Stephen Gray	Humboldt
North Central	Rene Quintal	PA St. Mary	Adrienne Schenk	PA Carlton	Rory McIntosh	Prince Albert
North East	Kevin Stene	Nipawin	Cindy Miller	Nipawin	Linsey Thornton	Melfort
North West	Chene Dallyn	Meadow Lake	Vicki Nault	Pierceland	Brian Brander	Meadow Lake
			Sheri Reinhardt	Pierceland		
Qu' Appelle	Craig Geisler	Fort Qu'Appelle	Kayla Vargo	Broadview	Trevor Viergutz	Indian Head
Regina	Mike Silvius	Winston Knoll	Samantha Haniak	Winston Knoll	Ryan Forsberg	Regina
Saskatoon	Justin Loshack	Aden Bowman	Candace Loshack	Walter Murray	Murray Sackmann	Saskatoon
South Central	Leigh Wolverton	Briercrest	Lisa Reid	Assiniboia	Brent Chadwick	Assiniboia
South East	Tyson O'Dell	Yellow Grass	Kristy Gall	Weyburn	Darren Johnson	Weyburn
South West	Neil Boutin	Gull Lake	Pat Wilde	Fox Valley	Wayne Burton	Maple Creek
West Central	Clint Hayes	Eatonia	Teresa Newton	Biggar	Barry Martin	Dinsmore

Coach Education Reminders and Requirements

Over the past few years, the SHSAA has implemented many initiatives in the area of coach education for those involved with the student athletes of our province. In addition to the initiatives listed below, there are a number of Coach Education resources available through SchoolCoach.ca (<https://www.schoolcoach.ca>) and the NFHS Learning Center (<http://nfhslearn.com/>). Changes will be occurring throughout the fall to the schoolcoach.ca site as the transition of resources into the Coaches Association of Canada Locker begin to occur. We will keep our membership up to date on the changes. The SHSAA initiatives are listed below with references as how to access the information:

Respect in Sport

On behalf of Sask Sport, the SHSAA continues to request that every coach (head coach, associate coach, or assistant coach) involved with a school team complete the Respect in Sport (RiS) for Activity Leaders on-line training program. Upon completion of the three-hour course, each individual will be provided with a certificate number which schools are asked to enter into the coach information section for each team registration. At this time, the completed program does not have to be repeated on an annual basis. When registering for the course, please select Saskatchewan High Schools Athletic Association as one of the sponsor groups along with any other sport groups you may be wishing to register with. Sask Sport is assuming the cost for the course.

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

For more information and access to the on-line RiS course and the Respect in Sport Resource Line, please visit: <http://www.sasksport.sk.ca/RiS/>

Concussion Protocol

Every coach involved in school sport needs to complete the NCCP on-line concussion course "Making Head Way in Sport" available at <https://coach.ca/making-head-way-concussion-elearning-series>. There is no cost to take the course. Completion of the course will appear on the learning transcript of the coach which is created when registering to use the Locker. The NCCP number of the coach should be entered into the coach information section when completing the E-5 registration for each team at a school.

SHSAA is currently in the process of revising the current Concussion Protocol – Policy Statement. Schools will be notified when the updated documents are ready and they will replace the current documents housed at: <https://www.shsaa.ca/page/show/965463-shsaa-concussion-protocol-and-educational-materials>



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

Fundamentals of Coaching

This course has been the required course for first time non-faculty coach approvals over the last several years. The course has been refreshed, rewritten, renamed, and relocated over the past few months. The new course called "Coaching School Sport: Redefining Winning" will be available through the Coaches Association of Canada Locker. In the rewrite of the course we were able to reduce the content and presentation of the course, as well as the price of the course. As the prototype is finalized for launch in the Locker, more details will be made available on the SHSAA website and to District administration.

The course will continue to be an excellent resource for understanding the purpose of school sport and identifying some significant differences between coaching sport in an educational setting when compared with coaching in a club or community setting.

Website

Message Board

Coaches are encouraged to use the message board for their tournaments and scheduling as well as reporting results or general discussion. To post on the message board, you must first register to use the message board and await approval from the moderator of the message board. Please contact the SHSAA office (shsaa@shsaa.ca) to become a registered user.

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

Sanctioned Tournaments

At this point SHSAA will not be sanctioning any inter-provincial events until all invited jurisdictions have removed all Public Health Orders related to COVID-19. The following is provided for general information should inter-provincial events be allowed: If your school travels out-of-province for competition or invites out-of-province teams to a competition you are hosting, the competition needs to be sanctioned by all organizations that sanction school sport for their respective province/territory/state/country. The list of Sanctioned Tournaments is found on the SHSAA website at <http://ext.shsaa.ca/exnet/tournaments.php>. 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 form E-4 (https://cdn4.sportngin.com/attachments/document/0046/1577/E-4_Tournaments.pdf) to the SHSAA office. As a visiting team, it is your responsibility to check the list of sanctioned tournaments and make appropriate inquiries if the tournament you are planning to attend is not listed.

Tournaments hosted by a Member high school involving only Saskatchewan high schools do not have to request sanction from the SHSAA and will not be listed. **A reminder that the current Sports and Activities Guidelines in the Re-Open Saskatchewan plan do not allow tournaments, of any kind, to be held.**

School Logos

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

Twitter / Facebook / Instagram / YouTube

A reminder that the SHSAA is on Twitter, Facebook, Instagram, and YouTube. Check out our homepage (www.shsaa.ca) to link to these sources of information. Please subscribe to the new YouTube channel at <https://www.youtube.com/channel/UCOpIBBVGht5snOrM26Xt09w>



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Forms

All SHSAA forms and due dates are available in the SHSAA Handbook and under Quick Links on the website (<http://www.shsaa.ca/page/show/968456-forms-and-due-dates>). Most of the forms appear in both PDF and Word version. Note that many of the forms have been updated for the 2020-21 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 for assistance. Several "how to" videos to assist with navigating ExNet and the required tasks are available on the SHSAA YouTube channel: <https://www.youtube.com/channel/UCOpIBBVGHt5snOrM26Xt09w>

School Information

The first item we ask all schools to attend to is ensuring that the school contact information is correct. Please update the School Info as needed and contact our office to let us know of the changes. Multiple email addresses should be separated by a semi-colon (e.g. l.mckellar@shsaa.ca; d.sandomirsky@shsaa.ca)

Team Registrations

1. Select the activities that will be offered at the school using School Team Registration Form (found under Registration tab) by October 2, 2020 **NOTE: The original due date of September 9, 2020 has been delayed due to the current plans in place for SHSAA sanctioned activities.** After the due date, 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 the due date.
2. Invoices for team fees will be sent to schools on October 13 **NOTE: The original due date of October 1, 2020 has been delayed due to the current plans in place for SHSAA sanctioned activities.** Prompt payment of fees is appreciated.
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.**

NOTE the following changes for the due date to file eligibility forms for the fall activities. The dates have been delayed due to the current plans in place for SHSAA sanctioned activities.

Cross Country, Soccer, and Football – E5 due date moved to October 7, 2020 or prior to the first competition

Volleyball – E5 due date moved to October 21 or prior to the first competition

To complete the eligibility form, choose Activity Eligibility Form (under the Registration tab) and complete the information requested:

- a. Coach information including first and last name, phone number, email address, NCCP certification, RiS certification, and Concussion certification
 - b. Intent to participate in SHSAA playoffs – YES/NO
 - c. Joint sponsorship - only joint sponsorships approved by the SHSAA office can be created
 - d. Assistant Coach info: first and last name, NCCP, RiS, and Concussion certification
 - e. Team roster
4. Remember that an E-5 needs to be completed for any team that is participating in competition (regular, season, exhibition, tournament, playoff, etc.). **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 NOW A REQUIRED FIELD.** If an attempt to enter a student is not accepted, please contact the SHSAA office as this would indicate an eligibility or transfer issue.



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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 of September 30, 2020. The information to enter includes the total number of male and female students in each grade (9-12) and the number of ineligible male and female students in each grade (9-12). **An ineligible student is a student that has exhausted their period of eligibility (see page 34 of the handbook).** If you need assistance when completing this information, please contact the SHSAA office. A student that has identified as unspecified will need to be included in the count of the gender with which they have chosen to participate.

To enter the enrolment information, please use the School Enrolment Registration option (under the Registration tab). The ability to save entered information will only be available to schools from **September 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 and it is imperative that each school has at least one representative at the meeting. The SHSAA office staff or an Executive member will be present at each meeting. Since most meetings will be virtual the office staff will be finding different means to get SHSAA publications to each school. Districts use the meetings for planning yearly activities and setting the course for their District. Your attendance is crucial to ensure communication from the province and district levels is relayed to the school and coach level.

DISTRICT	PRESIDENT	SCHOOL	PHONE	MEETING LOCATION	DATE	TIME
<i>Battle West</i>	Ryan Nickell	Maymont	389-2045		TBA	
<i>Central Valley</i>	Syd Laskowski	Osler VCA	239-2196	Virtual	September 3	4:00pm
<i>East Central</i>	Dan Alspach	Melville	728-4181	TBA	September 2	1:00pm
<i>Horizon Central</i>	Curtis Strueby	Lake Lenore	368-2333	Virtual	August 26	1:00pm
<i>North Central</i>	Rylan Michalchuk	Birch Hills	749-3301	Virtual	August 28	1:00pm
<i>North East</i>	Dwight Wrubleski	Naicam	874-2253		TBA	
<i>North West</i>	Brad Lejuene	St. Walburg	248-3602	Virtual	September 3	2:00pm
<i>Qu' Appelle</i>	Trevor Viergutz	Indian Head	695-3929	Virtual	September 24	4:00pm
<i>Regina</i>	Lance Ford	Winston Knoll	523-3400	Virtual	September 21	1:00pm
<i>Saskatoon</i>	Jennifer Holtsman	Evan Hardy	683-7700		TBA	
<i>South Central</i>	Mitch Singleton	Rouleau	776-2332	Virtual	September 17	4:00pm
<i>South East</i>	Nathan Johnson	Estevan	634-4761		TBA	
<i>South West</i>	Jennifer Foley	Shaunavon	297-2733	TBA	September 9	5:00pm
<i>West Central</i>	Lance Morrison	Dinsmore	846-2188		TBA	

School Sport Week

School Sport Week will be recognized from October 11-17, 2020. Promote school sport in our province:

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

SHSAA office staff are currently looking at plans of a virtual cross country event to wrap up the week.



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Sport Advisory Groups

This will be the 9th year for SHSAA Sport Advisory Groups. Each group is chaired by a member of the Executive Council; most correspondence occurs electronically but some groups have made arrangements to meet in person once during the year. The process for finalizing the 2020-2021 Sport Advisory Groups has already begun but if you are interested in becoming a member of a Sport Advisory Group, please complete the registration form that is found on our website (<https://shsaa.sportngin.com/register/form/348760507>) - DUE DATE September 11, 2020.

Hotel Room Bookings

SHSAA continues arrangements with InnVest Hotels (Saskatoon, Regina, Swift Current, and Prince Albert Comfort Inns) and Airline Hotels (Hilton Garden Inn & Travelodge in Saskatoon; Country Inn & Suites in Regina and Saskatoon). School representatives are encouraged to use these properties when travelling.

Once the response to COVID 19 is such that SHSAA championships can occur, the SHSAA will establish room blocks with these properties for championships in and around the centres listed. Notification of these room blocks will be available on the SHSAA Accommodation page (<http://www.shsaa.ca/page/show/968446-provincial-championship-accommodations>).

InnVest Hotels is once again featured on the current edition of the SHSAA Coaches Card.

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

SIAAA / CIAAA

The development of this professional organization (Saskatchewan Interscholastic Athletic Administrators Association) continues under the umbrella of the SHSAA. In addition to the hundreds of Saskatchewan athletic directors who have benefited from attending courses and conferences delivered, hosted, and promoted by the SIAAA, there have been numerous individuals from the province that have utilized the courses provided to complete a M.Sc. in Athletic Administration through Grace College. Currently, your provincial organizing committee includes the following individuals: Sandra Surkan (Regina), Tyler Baier (Saskatoon), Nathan Noble (Meath Park), Troy Snider (Kerobert), Roger Morgan (Kincaid), Margie Gibson (Moosomin), Ryan Trumbley (St. Brieux), and SHSAA office staff. As the school year gets under way there may be changes to these volunteer positions. Please don't hesitate to reach out if you have questions regarding SIAAA or CIAAAA.

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

Schools in BC have recently been added to the list of the CIAAA membership. The National Conference for the 2020-21 school year will be held in Vancouver from April 22-24, 2021. 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. To activate your membership contact Drew at the CIAAA office. 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.

As additional Professional Development opportunities arise during the year the SHSAA office staff will pass the information along to your district administration for distribution to Saskatchewan athletic directors.





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SHSAA Coaches Card (2019 - 2021)

ABOUT THE CARD

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

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

CARD EXPIRY

The Coaches Card is valid for a period of TWO years. The 2017-2019 version (Green Card) has expired, as of August 31, 2019 and will not be accepted by the card sponsors. The latest version (2019-2021) is now available from the SHSAA office. Fill out the application form available on-line at https://cdn2.sportngin.com/attachments/document/0061/3336/Coaches_Card_Flyer_and_Order_Form_1921_1.pdf or contact our office to place your order. Over 2000 volunteer teacher coaches and others involved in educational athletics held the last edition of the card.

COST

Cards are available at a cost of **\$12.00 each** and are valid for TWO years (September 1, 2019 - August 31, 2021).

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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



How to be a Great Sports Parent During and After COVID-19

John O'Sullivan

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<https://changingthegameproject.com/6-ideas-for-development/>

Executive Director's note: The following are excerpts from the complete article that can be found at the link highlighted above.

John O'Sullivan states: "Our young athletes need us more than ever to help create the right circumstances for their development, and the new normal may look very little like the old one did. This is not about mowing down all the obstacles in their paths; it is about helping to instill the values and coping skills to succeed. Her (Madeline Levine) timeless advice that day really helped me to think about how to help my own children, and those I coach." She outlined six powerful ideas:

1. **Define Success and Expectations:** if success is solely about the outcome of a game, and winning becomes the only goal, we take our children off the path for development and excellence, and it becomes complete outcome focused. Winning everything is not how life works, and sport is the perfect venue to focus upon learning from mistakes and disappointment. Take the time to help your children learn from this experience and help them see the big picture, perhaps by sharing your own squiggly path.
2. **Enforce Limits and Consequences:** We speak often about great teams playing to a standard, and now more than ever we need standards that our children will uphold. Set limits on things like maximum screen time, minimum required exercise and fitness time, and enforce those standards. This is not the time to turn the blind eye to unacceptable behavior. Our children might not appreciate it now, but they will respect us for it in the long run.
3. **Honor Health and Well-Being:** I am amazed how many times I see examples of the health and well-being of children being ignored in sports in the pursuit of some silly trophy or to "win the big game." The lifelong health and well being of our children always comes first, and right now it is more important than ever that we remember this and focus upon the person first, and the athlete second.
4. **Expect Best Effort and Focus on the Process:** true champions are outcome aware, but purpose and process driven. As our children go through return to sports, or simply preparing to return to sports, we must hold them accountable for best effort, and help them understand the process of getting their fitness and sharpness back. More importantly, we must help them understand that improving and attaining mastery is all about a series of marginal gains, little things done right day after day, with ups and downs. This is true in sports, relationships, and life.
5. **Never Rupture Your Relationship with Kids:** Parenting is hard, and ultimately every athlete ends up in the bar league if you know what I mean. To destroy our relationship with our children over sports, or academics, is just crazy. This does not mean we ignore standards and rules (see #2) but I have seen so many parents pushing their children to their goals while never asking their children what they want out of sport. COVID has certainly clarified for many children that they didn't love the long hours or commitment, while for others it has solidified their love of their team and sport. Pay attention to your children and ask them why they play. Support their goals and passions. And never rupture that relationship over the pursuit of some childhood achievement that means very little in the grand scale of life.
6. **Build a Sense of Purpose and Responsibility at Home:** We must teach our children that the world doesn't revolve around them, and that starts by giving them a purpose and some responsibility at home. No matter how well they played this weekend, they still have chores to do, family standards to uphold, community service to perform, etc. This responsibility and sense of purpose in the family "team" carries over to their sports team, helps to keep them humble, and teaches them to ask "what can I give?" instead of "what can I get?"



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O' Sullivan continues: "It is really tough to be a parent right now, and even tougher to be a child, especially an athlete whose world has been turned upside down. So many high school athletes who are pursuing college sports have no idea when a recruiter might see them next, and are scared of falling behind. Others are devastated by the potential of losing their senior season. Other kids who desperately need sports and activity are prevented from playing now due to COVID due to facility closures and limited contact. Yet sports are only a microcosm of the struggles facing our children right now.

Ultimately, I think 99.9% of these kids will view this time as much more than simply what happened during their sporting lives. This will be a transformational experience for all human beings. That is why we need the adults in the room, the parents and coaches, to remember our influence during this time will not be neutral. It will be either positive or negative. And the more aware we are of our influence, the more powerful it will be.

Let's help our children by defining success and expectations. Be sure to enforce limits and consequences. Expect best effort and be process driven. Build a sense of purpose and responsibility. Do not rupture your relationship over sport or school right now. And most importantly, honor, support and ensure their health and well-being as people and as athletes. By following these six essential pieces of advice above, our children will, as Levine suggests, develop in optimal ways on and off the field. Good luck!"

2020-2021 Fall Activities

The response to COVID-19 has caused many disruptions to the educational athletics that are available for schools to include as students return to classes in September 2020. Unfortunately, the fall golf season was cancelled. The delayed start to the school year and the decision of the SHSAA to delay the start of educational athletics in the fall of 2020 as schools prepared for the return of staff and students, meant that there was not enough time for schools and districts to effectively run qualifying events for the next level of competition.

The remainder of the fall activities (cross country, soccer, football, and volleyball) will all have a sanctioned season of play. The activities, and competitions if they occur, will be modified in order to meet the current Sports and Activities Guidelines in the Re-Open Saskatchewan Plan, the most current Public Health Orders, and the uniqueness of educational athletics. Please refer to the SHSAA website as documents designed to assist schools with implementing an educational athletics program in the fall of 2020 will be updated as new information becomes available.

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