

## VANCOUVER BIDS TO HOST 2010 WORLD WHEELCHAIR BASKETBALL CHAMPIONSHIPS



BC Wheelchair Basketball Society, BC Wheelchair Sports Association and the Canadian Wheelchair Basketball Association are pleased to announce that an official bid has been submitted to host the 2010 World Wheelchair

Basketball Championships for Men and Women and International Wheelchair Basketball Federation Forum and Congress in the city of Vancouver. This spectacular event will feature 12 men's teams and 10 women's team from around the world, vying for the championship title September 24th to October 4th, 2010 at BC Place Stadium.

Vancouver's successful 2010 Olympic and Paralympic bid has created an opportunity for the sport community in British Columbia and Canada to build on the excitement and legacies created through the hosting of that event. Hosting the World Wheelchair Basketball Championships will develop a lasting legacy for the growth and development of wheelchair basketball locally, provincially, nationally and internationally. It will

provide an opportunity to host a world class event, for athletes with a disability, in Vancouver and encourage the community to participate in the event as a volunteer, spectator, or supporter.

In his letter of support provided to the IWBF Bid Selection Committee BCWBS President Dean Brokop said: "The BC Wheelchair Basketball Society has a great history of producing high performance athletes from British Columbia who have been successful on the international wheelchair basketball stage. We would be thrilled at the opportunity to welcome the world to Vancouver in 2010 and to showcase our talented athletes and the excitement of our great sport at the world wheelchair basketball championships."

The next phases of the bid process include a site visit from an IWBF delegation from October 16 to 18th and a formal bid presentation in Rome October 30/31st, 2005. We will be sure to keep you posted on the bid phase developments and outcome of the final presentation. Special thanks to thank Kathy Newman of BC Wheelchair Sports Association for all her hard work and dedication on this project as well as the Rick Hansen Man in Motion Foundation, 2010 LegaciesNow, and Tourism Vancouver for their outstanding support of the bid.

## 2005 BC DISABILITY GAMES A BLAST FOR BCWBS JUNIORS

Junior players from around BC took part in the Wheelchair Basketball tournament at the 2005 BC Disability Games in Nanaimo July 13 to 17th. Three 8 1/2 ft. teams competed in this fun filled event self named the Sexy Stallions, Rockers and the Defenders. After 3 days of competition the Sexy Stallions came out on top with a convincing win over the Rockers 54 - 38. The Gold Medal team was comprised of Tracy Ficocelli (head coach), Jared Pinda and Matthew Ficocelli from Kelowna, Rachel Malek from Parksville, and Darren Aitkin, Stephen Hall and Drake Britt all from Nanaimo.



BC WHEELCHAIR BASKETBALL  
GRATEFULLY ACKNOWLEDGES  
THE FOLLOWING COMMUNITY  
PARTNERS FOR THEIR GENEROUS  
SUPPORT:



Suite 224 - 1367 West Broadway  
Vancouver, BC V6H 4A9  
604 737 3138 **phone**  
604 737 6043 **fax**  
info@bcwbs.ca **email**  
www.bcwbs.ca **website**

**Managing Director** *Carrie Linegar*  
**Program Coordinator** *Marni Abbott*

#### 2004-05 Board of Directors

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## JUNIORS

# CANADA TAKES 6TH PLACE AT THE 2005 JUNIOR WORLD WHEELCHAIR BASKETBALL CHAMPIONSHIPS IN ENGLAND

The 3rd Junior World Wheelchair Basketball Championships took place in Birmingham, England August 7th to 13th with 12 teams participating. The USA demonstrated their tremendous team and individual skills by defeating an extremely talented Japanese team by 73 points to 34 to win the gold medal at this event. In the final game of the tournament for Canada the team faced Germany to determine 5/6th place. After a strong start by both teams Germany edged away from Canada in the second half winning the game with a final score of 63-41. Representing BC at the championship was Sunera Samarakoon and Assistant Coach Marni Abbott.

For more information on the tournament action and scores check out the official 2005 Junior World Wheelchair Basketball Championship website at [www.2005wjc.com](http://www.2005wjc.com).



Sunera "Sunny" Samarakoon

credit: Bogetti-Smith Photography

## CALENDAR OF EVENTS

### SEPTEMBER - OCTOBER 2005

29 - Level 3 Technical Coaching Clinic  
Oct 2 Calgary, AB

Oct 16 Junior Skill Development Camp  
Civic Centre, Prince George

### NOVEMBER - DECEMBER 2005

5/6 2005 BC Junior Wheelchair  
Basketball Challenge  
McRoberts School, Richmond

19 BCWBS AGM  
Douglas College Gymnasium

19/20 BC-CWBL Division 1 Tournament  
Douglas College, New West

20 BC Winter Games Zone 3, 4, 5  
Try-out Camp  
Douglas College, New West

26/27 BC-CWBL Division 2 Tournament  
Douglas College, New West

28 - 2005 Americas Cup  
Dec 4 (Worlds Qualifier)  
Colorado Springs, Colorado

### FEBRUARY 2006

4/5 BC-CWBL Division 1 Tournament  
Douglas College, New West

18/19 BC Breakers Women's  
Tournament,  
Douglas College, New West

23 - 26 BC Winter Games  
Greater Trail, BC

### MARCH 2006

10 - 12 BC-CWBL Finals  
Douglas College, New West

# 2005-06 BC-CWBL LEAGUE INFORMATION

With the 2005 BC-CWBL Finals in Kelowna still fresh in our minds...the BC-CWBL season is upon us once again. We look forward to another year of competitive and friendly games. The BC-CWBL is a league that provides competitive opportunities for teams throughout British Columbia. The league also features 2 divisions to cater to different levels of ability and experience. The league features tournaments throughout the season and culminates in an annual provincial championship tournament and awards banquet for all participants, coaches, and officials. Current teams include the Prince George Pacers, Kamloops Bull-Dawgs, Okanagan Thunder, Douglas College Royals, Douglas College Dingos, Douglas College Lions, New Westminster Dynamos, Victoria Capitals and Oceanside Tsunami. This league is open to any team interested in participating.

BCWBS has received numerous requests from players interested in moving up from Division 2 to Division 1. In response, BCWBS is implementing a draft for 2005-06. If there are any Division 2 players interested in playing in both divisions, please have them forward their names for consideration to the BCWBS office by September 30th. Division 1 teams will have the option to draft two Division 2 players. This regulation will allow some of the higher calibre Div 2 players a chance to play Div 1, but also to make sure that the Div 2 league and teams are not directly affected by players moving to Div 1.

All teams must submit a team roster along with their league registration fee by November 1st, 2005 in order to be eligible to play. Players must also be current BCWBS members in good standing. The registration fee for both division 1 and 2 is \$500. The late registration fee is \$600 if paid after November 1st.

If you or someone you now who would like to play on a BC-CWBL team, please call the BCWBS office at 604-737-3138 and we will do our best to link you with an existing team. Please note that deadlines for team registration, roster submissions and tournament entry will be closely adhered to, so make sure to submit necessary information and fees in time.

### BC-CWBL TOURNAMENT DATES:

#### Division 1

November 19/20, 2005	Douglas College New West	
February 4/5, 2006	Douglas College New West	
March 10-12, 2006	Douglas College New West	BC-CWBL Finals
March 31-April 2, 2006	Fredericton, New Brunswick	CWBL Finals

#### Division 2

November 26/27, 2005	Douglas College New West	
January tbc, 2006	To Be Confirmed	
March 10-12, 2006	Douglas College New West	BC-CWBL Finals

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# JUNIOR WHEELCHAIR BASKETBALL SKILLS CAMP

**AUGUST 27-28, 2005**

**DOUGLAS COLLEGE, NEW WESTMINSTER**

The 2007 Canada Winter Games (CWG) Program Wheelchair Basketball Camp was a great success! BCWBS, in partnership with Douglas College and PacificSport hosted this camp for all BC's eligible CWG athletes. The camp ran simultaneously with a wheelchair basketball Level 2 Technical clinic, led by Master Learning Facilitator Tim Frick.

While the athlete's focussed on honing their individual skills, the coaching clinic participants offered positive specific feedback and advice. Both the athletes and coaches benefited from this experience. Special thanks to CWG program coaches Pat Harris, Ross MacDonald, Trish Nicholson and Joe Higgins, who led athletes through various skill development stations and also mentored the newer coaches. Also, a big thank you to awesome volunteer Sam Payne. Sam was recruited via BCWSA Have-A-Go day. A former college stand up player Sam hopped in a wheelchair, participated in drills, and assisted CWG athletes in improving their shooting techniques. Sam's energy and enthusiasm was contagious and a great addition to the success of the weekend! We look forward to his ongoing support of the program.

After some intense scrimmages on Sunday afternoon, all athletes, coaches, and volunteers were exhausted but pleased with the progress that was made during the weekend. Although everyone worked very hard, as per our tradition with the CWG program, a few athletes were recognized for outstanding performances



BCWBS Junior camp participants in action

during the training camp: Top Rookie – Victoria Feige, Vancouver; PMA (positive attitude) – Marco Pasqua, Surrey; Best Health/hydration – Avril Harris, Prince George; Most Improved – Michael Morris, Victoria; Most Aggressive Defender – Alain Harmon, Quesnel; and Sharp Shooter – Sunny Samarakoon, Burnaby.

Head CWG Coach, Marni Abbott is excited about the momentum of Team BC, and is looking forward to future camps and competitions with this outstanding group of athletes and coaches!



## YOU ARE INVITED TO THE 2005 JUNIOR WHEELCHAIR BASKETBALL CHALLENGE

**NOVEMBER 5/6, 2005**

**McROBERTS SECONDARY SCHOOL, RICHMOND, BC**

Mark your calendars for the 6th Annual BC Junior Wheelchair Basketball Challenge Tournament. This tournament features two divisions (8 ft and 10 ft hoop heights) to provide all of our junior players with the most positive and successful experience.

Junior players from around BC, as well as teams from across Canada and the United States are invited to participate. Registration information will be available on-line and at weekly BCWBS Junior programs soon. We hope to see you there!

# WHEELCHAIR BASKETBALL PROGRAMS AROUND BC

CITY	LOCATION	DAY/TIME	CONTACT	COMMENTS*
Kamloops	Dallas Elementary	Wed 7:30-9:30pm	Tyler Tingle 250-374-8864	Adult Program Starts Sept 21
Kelowna	Parkinson Rec Centre	Sun 10:00am-12:00pm	Tracey Ficocelli 250-764-1854	Recreational – Junior and Adult
	To Be Confirmed	TBD TBD	Tracey Ficocelli 250-764-1854	Okanagan Thunder Competitive Team
Kitimat	Mt. Elizabeth High School	Mon & Wed 8:30-10:30pm	Bob Thorpe 250-632-7824	Adult Program
New Westminster	Douglas College	Mon 2:00-4:00pm	Tim Frick 604-777-6029	Adult Drop-in
	Douglas College	Mon 7:00-8:30pm	BCWBS 604-737-3138	High Performance Training Group
	Douglas College	Wed 7:00-8:30pm	BCWBS 604-737-3138	High Performance Training Group
North Vancouver	Carisbrooke Elementary	Mon 7:00-8:30pm	BCWBS 604-737-3138	Jr. Program Starts Sept 19
Parksville	Oceanside Middle School	Mon 7:00-9:00pm	Bert Abbott 250-752-2183	Mixed program time (over 14 years of age)
Prince George	Kinsmen Complex	Mon 5:30-7:00pm	Pat Harris 250-563-6942	Jr. Program - Beginners Starts Sept 26
	Kinsmen Complex	Wed 5:30-7:00pm	Pat Harris 250-563-6942	Jr. Program - 8 1/2 ft Starts Sept 28
	Kinsmen Complex	Mon & Wed 7:00-9:00pm	Pat Harris 250-563-6942	Adult Program Starts Sept 28
Quesnel	Bouchie Lake Elem	Thur TBD	Jodie Vliegenthart 250-249-5531	Mixed Jr & Adult program time
Richmond	Steveston Comm. Ctr.	Thur 7:00-8:10pm	BCWBS 604-737-3138 Steveston 604-718-8080	Mixed Jr & Adult program time Starts Sept 22
Surrey	Surrey Family YMCA	Fri 5:00 - 6:30pm	BCWBS 604-737-3138	Jr Program Starts Sept 16
	Guilford Rec Centre	Tues 5:45 – 7:15pm	Rec Centre 604-502-6360	\$3.00 drop-in fee Starts Sept 27
Victoria	Central Baptist Church	Mon 5:30-7:00pm	TBD TBD	Jr. Program Start date TBD
	Stelley's High School	Thur 7:00-9:00pm	John Malek 250-363-1307	Adult Program Starts Sept 8

\*Please note if program time is for juniors, adults or a mixed group in the comments column

## OUR CONGRATULATIONS GO OUT TO...

**Robert Hedges**, for being selected to receive to receive a Coast Hotels & Resorts Athlete Assistance Program Grant. This program has been developed to support the dreams of athletes who represent Canada on the world stage but do not currently receive Sport Canada funding.

BCWBS members **Marni Abbott** and **Richard Peter** who recently got married in Duncan, BC on September 18th.

**Tracy Ficocelli** and **Dino Padula** who were recognized for all their hard work in developing wheelchair basketball in the Okanagan at the Community Sport Heroes Reception hosted by Sport Kelowna.

### BC WHEELCHAIR BASKETBALL SOCIETY

– NOTICE OF AGM –

Mark your Calendars:

**Saturday, November 19th, 2005**  
**Douglas College Gymnasium**  
**700 Royal Ave., New Westminster**

### SPORT WHEELCHAIR RENTALS

BCWBS has a limited number of sport wheelchairs available for rental through the Wheelchair Loan Program. The program requires you to sign a loan agreement one-year in length and submit a \$100/year or \$10/month rental fee.

If you are interested please read our policy and fill out a wheelchair loan application form on-line at [www.bcwbs.ca](http://www.bcwbs.ca) and click 'For Athletes' and then 'Wheelchair Loan Program.'

## MARNI RECEIVES REPLACEMENT GOLD MEDALS



Marni Abbott with CPC President Patrick Jarvis

On September 15, 2005, Patrick Jarvis from the Canadian Paralympic Committee (CPC) and Xavier Gonzalez from the International Paralympic Committee (IPC) presented Marni Abbott with two replacement medals after a handful of Abbott's Paralympic and World Championship medals were stolen in June during a break-in. The original medals have not been recovered, but the IPC was able to acquire a spare Sydney 2000 gold medal and forged a commemorative medal from the 1992 Barcelona Paralympic Games. "I was really happy to be presented with the replacement medals, I did not think I would ever see those medals again and when I had them back around my neck I realized how important they really are to me. I really appreciate the fact that the Canadian Paralympic Committee (CPC) and the International Paralympic Committee (IPC) have the capacity and the integrity to support their athletes at times like this," said Abbott.

### 2005 BC DISABILITY GAMES cont from pg 1

BCWBS was thrilled to see local Nanaimo athletes Alex Townsend, Anthony Townsend, Drake Britt, Darren Aitkin and Stephen Hall take part in the event thanks to the help of Bert Abbott and the Tsunami Wheelchair Basketball team.

We offer our sincere thanks to the 2005 BC Disability Games Organizing Committee, the City of Nanaimo, BC Disability Sports, and the many volunteers who contributed to this great event. Many thanks to Tracy Ficocelli, David Malek, and Linda Gordon for your fantastic help!

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# 2006 BC WINTER GAMES UPDATE

## Greater Trail – February 23-26, 2006

Preparations for the 2006 BC Winter Games in Greater Trail continue as the Games draw closer. Wheelchair Basketball zone try-outs will be held this fall. Remember for wheelchair basketball, athletes must turn 15 – 23 years of age in 2006 to be eligible to participate (athletes born in 1983 to 1991).

### Zone Try-outs:

Zone 3/4/5 – Sunday, November 20th, 2005 (call the BCWBS office for more information.)

Please contact your zone representative below if you are interested in participating in the 2006 Games:

### Zone 2 Thompson/Okanagan

Tracy Ficocelli - tel. 250-764-4179 or  
email: trymatt@telus.net

### Zone 3 Fraser Valley

Emily Herd - tel. 604-584-3330 or  
email: emme\_02@hotmail.com

### Zone 4 Fraser River/Delta

Marni Abbott - tel. 604-731-7486 or  
email: peterabbott@shaw.ca

### Zone 5 Vancouver/Squamish

Carrie Linegar - tel. 604-737-3138 or  
email: info@bcwbs.ca

### Zone 6 Vancouver Island/Central Coast

Patti Saunders - tel. 250-390-2263 or  
email: pattibob@shaw.ca

### Zone 8 Cariboo/North East

Nancy Harris - tel. 250-967-4665 or  
email: panycake@pgonline.com

**Special thanks  
to the following  
BCWBS supporters:**



### Ronald McDonald House Charities® of Canada

for your support of BC Wheelchair Basketball Junior programs through the purchase of 6 specialized sport wheelchairs.



### Rick Hansen Man in Motion Foundation

for your continued support through the BC Community Neurotrauma Grant.



### Hamber Foundation

for your support of the upcoming 2005 Junior Wheelchair Basketball Challenge.



### Sunshine Dreams for Kids

for providing BCWBS member Adam Bishop with a new sport wheelchair. Sunshine Dreams for Kids is a Canadian charitable organization that makes dreams come true for children ages 3 to 19 with physical disabilities or life-threatening illnesses.

The many team reps, coaches and players who participated in the BCWBS Club Development Sessions on June 18 & 19, 2005. Your support for wheelchair basketball is very much appreciated!

Our many individual donors and companies for their continued support of BCWBS.

**stay connected to all BCWBS news and events through our website  
at [www.bcwbs.ca](http://www.bcwbs.ca)**

# COMMUNICATION IN SPORT

Communication is the act of exchanging thoughts, this process is most commonly done by talking and/or writing. In relation to sports, communication is usually in reference to the player-coach or player-player relationship.

Effective communication is crucial to the team's (and often an individual's) progress. Unfortunately however, communication is often one aspect of team building that is not directly talked about (communicated!). Coaches and players alike too often just assume that the other person(s) will understand what they mean. This isn't necessarily the case.

The **three major roadblocks to effective communication** that I see most often are:

**1)** The lack of validation concerning what was said by both the sender (talker) and receiver (listener). Communication is a two-way street. That means that the talker has an obligation to make sure the listener understood, AND that the listener has an obligation to ask for clarification when he/she does not understand. Way too often I find that the listener does not own up to their responsibility in the communication process and then ends up blaming the talker. Go by this simple rule: If you don't understand, ask until you do.

**2)** The talker tries to express too many ideas at one time. The brain can truly only focus on one thing at a time so try to give it (listener's brain) only one. Communication works best in a point-by-point manner, not a shotgun effect.

**3)** The talker uses don'ts, nots, and other negative language. Our brain responds best (and we therefore understand better) when it receives positive language about what is wanted, needed, etc. Positive language is specific (I want you to pass the ball), while negative language (Don't dribble the ball) is too general (it allows the player to walk with the ball, shoot the ball, hold the ball, etc.). Say what you want, not what you don't want.

### Creating Effective Communication

Effective communication usually doesn't just happen. It either takes work or a lot of experience. And often times, waiting on that experience can be a difficult experience. Therefore, I suggest taking an active role (doing the work) in making sure everyone is on the same communication page. Below are several suggestions for increasing the likelihood of effective communication for your team.

**1)** Conduct a 30-minute classroom session explaining communication roadblocks and therefore what is expected of everyone on the team (validation by both parties, expressing one thought at a time, and talking in positives instead of negatives). Make this a fun experience by using examples of effective and poor communication that some of your assistants have used in the past. Remember, if you don't make it fun, it won't get communicated at all.

**2)** During practice, ask players what they think another player is thinking at that time (ie. preparing to shoot a free-throw). Then explain what type of communication they should give based on what the player is thinking. For example, if a player is shooting a free-throw and he/she has the positive thought of extending their arm to cause a good release, what you don't want is for another player to tell them, "Don't leave it short". This simply puts a negative, general thought into their head and they may likely end up clanging it off the back of the rim. Again, have fun with this and use as many examples as you can.

**3)** Be an active role model for effective communication. Make sure you are doing the things listed in #1 and #2, especially in front of the players during practice.

**4)** Remember that effective communication takes work. Don't expect your players (or assistants) to start communicating "perfectly" right away. At the same time, don't let poor communication linger on without taking notice of it.