

## BCWBS ANNOUNCES ANNUAL AWARDS



BCWBS 2007-2008 Award Winners Matthew Ficocelli and Patrick Anderson

BC Wheelchair Basketball Society announced the 2008 organizational award winners at the conclusion of the BC-CWBL championships with a banquet held March 7, 2009 at the Inn at the Quay in New Westminster.

**Outstanding Community Support Award – The Tong Louie Surrey Family YMCA** – The Tong Louie Surrey Family YMCA opened in 2002 is a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities. Since 2002 the YMCA has supported a BCWBS local junior program by providing free gym time and wheelchair storage to the weekly program which is offered from September to March each year on Friday nights.

**Volunteer of the Year – Dean Brokop** – Dean Brokop joined the Board of the BC Wheelchair Basketball Society (BCWBS) in 1997 and during his 11 years with BC Wheelchair Basketball Dean has remained committed to stimulating the growth and development of wheelchair basketball in BC. His commitment has seen the organization through both challenging and very successful times culminating in the 25th Anniversary of BCWBS and our most successful year to date as an organization both on and off the court.

**Official of the Year – Fred Gunn** – Fred Gunn began officiating wheelchair basketball 9 seasons ago and continues

to be one of our highest ranking officials in the province. An active official in the high school, college and university leagues, Fred continues to dedicate his time to officiate and contribute to the game of wheelchair basketball. In 2008 Fred was selected by the Canadian Wheelchair Basketball Association to officiate at the CWBL Finals and Canadian National Championships for men and women.

**Coach of the Year – Marni Abbott- Peter** – In 2006 Marni was selected as Full Time Provincial Coach for BCWBS which was funded through the new Integrated Sport Program (IPS) in BC. In the 2007-08 season Marni was the Head Coach of the BC Women's Provincial WCBB Team, the BC Breakers. With a mix of veterans and new players, the Breakers placed a close 2nd at the Women's CWBL Championships and won Gold at the 2008 National Wheelchair Basketball Championships - the 1st national championship title for the BC Women's Program. In addition, three female athletes from BC were named to the Canadian National team and three other athletes received developmental carding status thanks to Marni's training, preparation, coaching and leadership.

**Jr. Athlete of the Year – Matthew Ficocelli** – Matthew was a key member of the BC Team which won a Silver medal at the 2008 Canadian Junior championships in Winnipeg. Consequently, he was selected to join the Be Squad (development team) representing British Columbia in the tournament in Montréal last year. Matthew is also a member of the Canadian Jr. National Team. This achievement brought great exposure to wheelchair basketball in the Okanagan region and demonstrated Matthews's improvement as a wheelchair basketball player. Post secondary education is also part of Matt's life with a goal of achieving an engineering degree.

**Female Athlete of the Year – Shira Goalden** – Shira has been a member of the BC Breakers women's provincial team for several years. In 2007-08, Shira played on the CWBL Division 2 Breakers squad and also in the BCWBS city leagues. She was named to the All-Star team in the CWBL Division 2 and was recognized as a key leader in both programs by assisting new players in their growth and enjoyment of their first competitive experiences. The BC Breakers had a fantastic season, placing 2nd in the Women's CWBL Finals and winning the Gold at the 2008 Nationals. Shira was instrumental in the Gold Medal win and fittingly selected for a tournament All-Star Award. Shira has made an outstanding contribution to the women's provincial program and to the development of wheelchair basketball in BC.

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



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**Managing Director** *Lou Rene Legge*  
**Provincial Coach** *Cheryl Corrigan*  
**Program Coordinator** *Makiko Harada*

**2008-09 Board of Directors**  
**President** *Chris Samis*  
**Vice-President** *Ross MacDonald*  
**Treasurer** *Aaron Wilson*  
**Director at Large** *Andrew Greenlaw*  
**Director at Large** *Ken Wind*  
**Director at Large** *Sarah Sugiyama*

# VANCOUVER DUECK POWERGLIDES INDUCTED INTO BC SPORTS HALL OF FAME



Ann Mowatt, (front row), wife of Powerglide founding member Doug Mowatt represents the team at a press conference with the other 2009 Inductees.

BC Wheelchair Basketball is pleased to announce that the Vancouver Dueck Powerglides Wheelchair Basketball Team will be inducted into the BC Sports Hall of Fame in the Pioneer category.

A strong argument can be made that the remarkable international success of Canada's men's and women's wheelchair basketball teams in recent years has its roots in BC with the Vancouver Dueck Powerglides. Wheelchair basketball was established in scattered pockets of the US, but was largely unknown in BC prior to 1950 when Doug Mowat, Stan Stronge, Jim Mackie, and Walter Schmidt formed the Powerglides to give people with disabilities an opportunity to play the game here. The early years were as much about building a sturdy foundation of players as educating the rest of the province about the game. One of only two Canadian wheelchair basketball teams at the time, the Powerglides toured the province playing teams of able-bodied players and amassed a record of 74 wins and one loss over a period of four seasons and also entered the NWBA league competing against teams in the Pacific Northwest Conference. In 1970, the team evolved into the Vancouver Cable Cars where legendary players Eugene Reimer, Peter Colistro, and Rick Hansen had the opportunity to leave their marks on the game.

As part of the 41st induction class the Powerglides Wheelchair Basketball Team will be joined by five athletes will be honoured, Lori Bowden (triathlon), Carol Huynh (wrestling), Chris Loeth (horse racing), Paul Parnell (lacrosse), and Larry Walker (baseball). In the builder category, Sohen Gill (lacrosse) and Les McDonald (triathlon) have been selected. Selected in the media category Archie McDonald. The 2008 Canadian Olympic Men's Rowing Team has been selected in the team category (rowing).

The team will be inducted in a ceremony on May 13th, 2009 at the new Vancouver Convention Centre.

## OPEN DOUGLAS COLLEGE ROYALS WIN 2009 CWBL FINAL



(Halifax, NS) The Douglas College Royals successfully defended their CWBL Open Title by defeating the A.L. Gullison All Courts 55-49 in the championships game Sunday. The Royals finish the tournament with a flawless 5-0 record and become the only team in league history to win back-to-back championships twice, having also won consecutive championships in 1996 and 1997.

Douglas College joins the Edmonton Raiders as the “winningest” teams, each squad capturing four championships since 1987.

Douglas College swept their competition in the round robin portion of the tournament defeating hometown Nova Scotia (70-41), Fredericton (70-45) and Club 99 (75-57). They then ousted CIVA in a come-from-behind victory in the semi-finals (70-64).

### All Stars

Hedges, Eng, Christian LaSerra, Abdi Dini, and Chantal Benoit were selected to the tournament all star team, while Durepos was named tournament MVP.

### Douglas College Royals

Kevin Bowie, Erik Hagreen, Bo Hedges, Makiko Harada, Roberto Molina, Anthony Purcell, Bryan Shore, Elisha Williams, Coach: Cheryl Corrigan

**For more information** please visit the CWBA website: [www.cwba.ca/English/News/041209-CWBLfinals3.shtml](http://www.cwba.ca/English/News/041209-CWBLfinals3.shtml) or contact Jody Kingsbury, Communications Canadian Wheelchair Basketball Association phone (613) 260-1296 email [kingsbury@cwba.ca](mailto:kingsbury@cwba.ca)

## BC CANADIAN WHEELCHAIR BASKETBALL LEAGUE FINALS 2009



2008-2009 BC-CWBL Division 2 champs (Hooligans)

BC CWBL Finals weekend was a flurry of action this year. Held at two locations for the first time, logistics were managed beautifully by BCWBS Program Coordinator Makiko Harada so that every team had a great competitive experience. Teams from all over BC competed, with great games had by all.

In the showcase Division One final on Saturday evening at Douglas College, the Royals, led by All-Star Bo Hedges defeated the Lions in a hotly contested game. Division Two came to a climax with two great semi-finals on Sunday, the Breakers defeating the Vintage Cable Cars in the first and the Hooligans defeating Victoria in the other. In the final, the Hooligans took vengeance for an early round robin defeat, and soundly thumped the Breakers to take the title.

BCWBS would like to thank all the volunteers and the lower mainland players for their help. We would also like to thank our sponsors including Advanced Mobility Products, Subway, Panago Pizza, and Douglas College for their generous support.

### BC-CWBL Tournament Awards

#### Division 1

MVP: Misty Thomas

All-stars: Roberto Molina, Jaimie Borisoff, Bo Hedges, Sunera Samarakoon, Erik Hagreen

#### Division 2

MVP: Elisha Williams

All-stars: Al Chartrand, Anthony Purcell, Scott Allen, Tony Golston, Brian Dyck

### BC-CWBL League Awards

**Fairplay Award:** Anthony Purcell (Div 1), Anthony Townsend (Div 2); **Most Improved Player:** Avril Harris (Div 1), Bryan Shore (Div 2); **Leadership Award:** Bo Hedges (Div 1); **Rookie of the Year:** Makiko Harada (Div 2)

## CALENDAR OF EVENTS

### APRIL 2009

10-12 2009 CWBL Finals  
Halifax, NS

18-19 City of Kelowna Wheelchair  
Basketball Jamboree  
Kelowna, BC

25 Hoopfest  
Richmond, BC

### MAY 2009

1-3 Defi Sportif  
Montreal, QC

22-24 2009 National Championships  
Montreal, QC

### JUNE 2009

14 Rick Hansen Wheels in Motion

## JOIN US FOR THE 2009 RICK HANSEN WHEELS IN MOTION EVENT

On Sunday, June 14th, 2009, people of all ages and abilities can come out to wheel or walk with friends and family along a designated route in their community, or participate in a fun and challenging wheelchair relay to raise funds and make a difference. So save the date and get involved! For information on Wheels in Motion events throughout BC and across the country contact: 1-866-60-WHEEL or (1-866-609-4335) or send an email to [info@wheelsinmotion.org](mailto:info@wheelsinmotion.org)

### 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**.

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### BC-CWBL Scores

March 6/7, 2009 at Douglas College  
March 8, 2009 at Johnston Heights  
Secondary School

**Div 1** Royals (58)–Lions (46)  
Royals (76)–Lions (54)

Final: Royals (52)–Lions (43)

**Div 2** Pool A:  
Victoria (47)–Okanagan (35)  
Cable Cars (41)–Victoria (51)  
Okanagan (46)–Cable Cars (47)

Pool B:

Hooligans (38)–Breakers (55)  
Kam Bulldawgs (58)–Tsunami (51)  
Kam Bulldawgs (30)–Hooligans (61)  
Breakers (59)–Tsunami (41)  
Tsunami (40)–Hooligans (43)  
Breakers (55)–Kam Bulldawgs (40)

Semi Final:

Victoria (28)–Hooligans (53)  
Breakers (50)–Cable Cars (47)  
Okanagan (47)–Kam Bulldawgs (45) 5th  
Cable Cars (22)–Victoria (42) 3rd

Final:

Hooligans (55)–Breakers (26)



## TIM FRICK PRESENTED WITH JACK DONOHUE COACH OF THE YEAR AWARD

The Coaches of Canada selected Canadian Women's National Team head coach Tim Frick as the recipient of the 2008 Jack Donohue Award as "Coach of the Year." The Jack Donohue Award recognizes a coach's dedication to the profession and the outstanding performances of his or her athletes during the past competitive season. The late legendary basketball coach, for whom the award is named, was a towering figure in Canadian sport who taught his athletes to value life and to learn from each and every experience.

In his 19 years at the helm, Frick guided his team to three Paralympic Games titles and four world championship gold medals. The successes include nine straight podium finishes at major international competitions. Frick, a seven-time winner of the Petro-Canada Coaching Excellence Award, is a passionate educator and a master tactician and technician who consistently demonstrates outstanding knowledge of the game and a keen ability to analyze and react in game situations. For many years a physical education instructor at Douglas College, he was also coached the college's wheelchair basketball program and the BC Women's Wheelchair Basketball Provincial Team.

"Tim Frick is the epitome of the professional coach and his approach to coaching has earned admiration and respect worldwide," says Coaches of Canada president Steven Sugar of Newmarket, ON. "He is above all a quality person who has had a profound impact on his sport and beyond. Jack Donohue left a powerful legacy and Tim fills his shoes admirably."

Adds Wendy Gittens, executive director of the Canadian Wheelchair Basketball Association: "Tim's contributions to wheelchair basketball in Canada and around the world cannot be overstated. He has been a driving force behind the tremendous success and growth of our women's program, which is regarded as one of the best in the world." Congratulations Tim!



## BC THUNDER AND JR. SONICS TAKE TOP SPOT AT 2008 JUNIOR WHEELCHAIR BASKETBALL CHALLENGE

The BC Thunder claimed the victory in the 10 ft divisions two years in a row while Jr. Sonics from Seattle became the overall winner in 8 ½ ft divisions of the 2008 Junior Wheelchair Basketball Challenge. The tournament took place November 15 & 16th at McRoberts Secondary School with over 75 players and coaches around BC and Seattle, over 20 volunteer McRoberts Leadership students and a gym full of enthusiastic parents and supporters watching the games.

Special thanks to the Rick Hansen Wheels in Motion - Richmond event, Province of BC, Save On Foods, Holiday Inn Express, Panago Pizza, and the McRoberts Leadership Class for making the 9th Annual Junior tournament possible. We are extremely grateful for the support we receive from

the community to continue to host this fantastic event! Tournament Individual Award Winners included:

### 8 1/2 ft Division

*Sharp Shooter* – Raul Castello (Nanaimo)  
*#1 Hustle* – Ben Garrett (Abbotsford) & Darien Niblett (Vanderhoof)  
*Fairplay* – Joel Ewert (Prince George)  
*Defensive* – Olivia M (Seattle)  
*Right Place at Right Time* – Natalie Imbeau (West Vancouver)  
*Leadership* – Alex Wilson (Nanaimo) & McKenna Dahl (Seattle)

### 10 Ft Division

*Defensive* – Nejowa Matao (Seattle) & Coti Koski (Coquitlam)  
*Best Chair Skills* – Eric Vliegthart (Quesnel) & Avril Harris, (Prince George)  
*Sharp Shooter* – Zak Meyer (Seattle)  
*Fairplay* – Anthony Townsend (Nanaimo) & Jennifer Boss (Everson)  
*Rookie* – Chris Wong (Coquitlam)  
*#1 Hustle* – Erin Higgins (Delta)

## KIDS BURN UP THE COURT MINI-BASKET & JUNIOR 10 FT FESTIVAL



Junior players from across the province gathered at Sullivan Heights Secondary School in Surrey for Minifest, a fun-filled two days of wheelchair basketball that saw juniors play in two divisions: one division for the standard 10 foot hoop,

and the second division for budding 8.5 foot hoop enthusiasts.

For many, this is the conclusion of their wheelchair basketball season and gives them the opportunity to measure their improvement, and share games and skill sessions with their friends from other junior programs. It is great to see so many new faces at this event. I am sure this is a reflection of our growing junior program opportunities and our enthusiastic group of junior coaches. For some, this camp provided exposure to the classification process and furthered their understanding of how it impacts the individual and the team. Star power was evident throughout the weekend, but especially at lunch time where guest-speakers Patrick Anderson and Bo Hedges from the Men's National Team were on hand to inspire the future.

This festival continues to grow and is one of our signature events. Thanks to all the volunteers and parents who pitch in to make this event a yearly success.

## JUNIOR WESTERN REGIONALS

For the second time in as many years, Team BC competed in the CWBA Junior Western Regionals, held this year in Edmonton, AB by Wheelchair Sports Alberta. This year's team was comprised of both storied veterans and rookies from all over the province. From the Northern region were Avril Harris and Erik Vliegthart. They were joined by Islander Deion Green and the always quietly dangerous Kelowna native Matt Ficocelli. From the lower mainland programs came Derek Lundie, Erin Higgins, Nathan Bragg, Coti Koski and Stephanie Park.

The team struggled through the round robin with some close games, but coaches Cheryl Corrigan and Anthony Purcell were aided by veteran regional coach Joe Higgins, and with some changes to the game plan, won a close semi-final over Saskatchewan by a score of 65 – 55. The final was a rematch with the five player Manitoba team, and while the game was close all the way, Team BC came out on the wrong side of a 65 – 49 score.

Kudos to team manager Nancy Harris who kept the team on the straight and narrow, as well as All-Stars Matt Ficocelli and Erik Vliegthart.



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**Male Athlete of the Year – Patrick Anderson** – Patrick was a member of the 2008 BC Cable Cars which won the NWBA Division 1 Championship defeating the defending champion Dallas Wheelchair Mavericks by a score of 74-66 and making the BC Cable Cars the first Canadian team to win this title. Anderson claimed two game MVP tournament awards and was touted as the “greatest player in the sport” by NWBA’s all-time leading scorer, Jeff Glasbrenner. He claimed another MVP award in 2008 with the Douglas College Royals team

which won the 2008 CWBL National Championship.

Anderson also represented Canada at the 2008 Paralympic Games in Beijing with the team achieving a Silver medal. Patrick was at or near the top in almost every statistical category for points, rebounds and assists. Patrick further contributed to Team Canada’s success in earning Silver medals at the North American Cup in Birmingham, Alabama and a Gold medal at the pre-Paralympics Test Series in Osnabruck, Germany.

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## REGIONAL REPORTS

**Kamloops Tournament** – Kamloops team hosted a tournament which five Division 2 teams (Kamloops/PG, Cable Cars, Victoria, Okanagan, and Tsunami) participated in. In contrast to the coldness with some snow outside, the beautiful gym in the city of Kamloops was heated with exciting games of basketball. All the games were pretty close and intense which predicted that the provincial finals in March would be a tough competition. In addition to the games, Coach Joe held two open skills sessions between the games. The participants appreciated what they learned and tried them out right away during their games. We would like to thank the teams who came out to the tournament regardless of the weather condition and long travel for some of them. We would also like to give our appreciation to Kamloops team for hosting the great tournament.

**Nanaimo Regional Camp – February 2009** – Over thirty participants took part in the Nanaimo Regional Camp this February. Participants came from all over Vancouver Island. We had a group of enthusiastic rookies from the Comox Valley and Jean-Luc from Victoria brought his knowledge and passion for the sport. The camp was headed up by Karen Townsend and Mike Saunders and a group of hard working volunteers. The day began with the Nanaimo Chariots junior program taking part in drills and games. At lunch time, they

passed off to the senior group of players which included players from the Tsunami team as well as some first-timers. Once Coach Higgins had given each group the opportunity to take part in skill sessions and some fun games, all the participants gathered together. This made for thirty athletes taking part in a mini tournament to conclude the day. Some of the highlights included the juniors getting their pictures taken with Michelle Stillwell and her gold medal, Coach Anthony Townsend providing great tips to the up-and-comers, and the veteran group of players encouraging and educating the Comox Valley newcomers in the art of wheelchair basketball. Throughout the afternoon, Mark Saunders showed us how you can work hard and always have a smile on your face.

The Nanaimo Camp reminds us how Bert Abbott, Karen Townsend, and all the other Vancouver Island people are doing a great job promoting Wheelchair Basketball in their community. I am sure I speak for all of us when I say, “Job well done, and we’re looking forward to more opportunities in the future”.

**Okanagan Regional Report** – The Okanagan City League Winter season has come to a close. From all accounts, participants had a great time playing once a week, and judging by the improvement noted in players like Brian Shore, Wendy Jansen, and others, the structured games are not only fun, but have really helped players feel more comfortable in game situations. Paul Clark, the referees and the other volunteers should be congratulated for their part in making this season a success.

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## BC WHEELCHAIR BASKETBALL APPOINTS ACTING MANAGING DIRECTOR

The new Acting Managing Director for the BC Wheelchair Basketball Society (BCWBS) is Lou Rene Legge, whose extensive background in sport promises to be a great asset to the organization. Legge was the athletic Director at Douglas College for 26 years before her retirement last year. She takes over at BCWBS for Carrie Linegar who is on maternity leave from February 27, 2009 – March 15, 2010.

Legge hits the ground running at BCWBS at a very busy time. Besides running numerous programs it is gearing up to host the

America’s Cup America Zone Qualifier Wheelchair Basketball Tournament at the Richmond Olympic Oval in August, 2009. “I hope to do as good a job as Carrie has done over the years,” says Legge. “I will consider that a major achievement.”

### For further information contact:

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Tim Frick City League – Winter 09

## CITY LEAGUE SUCCESSES IN 2008-2009 SEASON

### 2008 Fall City League *by Louise Higgins*

The Fall 2008 season of City League came to a sizzling conclusion, with the level of play seen in the play-off games reaching a new high for speed and energy. Through steady improvements in organization and the addition of the city league ambassadors and new recruits mostly from the junior end of the selection pool, this season was felt to be the best one yet. This may account for the new highs in energy, but the junior players really set the pace for our more seasoned veterans!! Coach Joe had to work hard to keep ahead of the participants when planning his skill sessions, introducing more strategical skill sets such as defensive concepts, instead of basic individual skills such as passing and shooting.

With more consistent attendance and Chris and Lori (our refs) available to fill the bench if any team came up short on numbers, the teams developed a more unified spirit and a greater understanding of the contributions that each player made to the success of the team. The city league ambassadors kept things running smoothly and our refs Lori and Chris maintained the delicate balance between calling the fouls and letting us play. Except to call the flagrant fouls committed by mom/son!! After all, if the ref doesn't know the rules when (s)he plays, what else can be done?

Prizes and tributes to those participants who made a difference to City League for the season! Awards went to Mary Park and Sheena Bragg for excellence in ambassador-ship, Greg Park and Derek Lundie for excellence in leadership, Emily Herd for coach of the season, Filip Kosel and Stephanie Park for rookie of the season, and Jen Boss for perseverance and most-improved.

### 2009 Winter City League – Tim Frick League

The Tim Frick League recently wrapped up play for the winter season. The Tim Frick League, named in honour of retiring Douglas College instructor and National Women's Team coach, Tim Frick, continued its rapid development of returning players, and lured many new players to the sport. This group of players has evolved over the past few seasons and the skill sessions reflect this growth and development as players learn more complex individual skills and basketball concepts. And the evidence that theory is making it to the court is seen in the high final scores and the speed of the game. The final two weeks of the Frick League saw the Douglas College Women's basketball team providing league players some coaching tips from the sidelines, followed by the full court experience where they had the opportunity to try the sport themselves during what was their practice time. Thanks to all the Frick League ambassadors who provided baking, score-keeping and refereeing. It is great to see so many people pitching in to improve the experience for all.



## “STRENGTH WITH GRACE” AT THE BLUSSON SPINAL CORD CENTRE

If you go into the Atrium of the Blusson Spinal Cord Centre in Vancouver, you will be greeted by a wheelchair basketball player. Dr. John Ditunno, a sculptor and a professor of Rehabilitation Medicine at Jefferson Medical College, created the marble statue of a wheelchair basketball player, “Strength with Grace” for ICORD (International Collaboration on Repair Discoveries.) BCWBS members, Jaimie Borisoff and Marni Abbott, contributed to Dr. Ditunno's work by assisting him in design and modeling for him. According to Dr. Ditunno, “(t)he position of the left hand for the statue is uniquely Marni's hand.” If you live or are visiting in Vancouver, go check out the statue, especially its left hand!

# COACHES CORNER

## BCWBS Coach Updates

### Provincial Coach - Cheryl Corrigan

#### *High Performance Camp*

This year's January High Performance camp was an enjoyable and successful one for all the athletes in attendance. Held at beautiful Douglas College in New Westminster, BCWBS athletes were privileged to have guest coaches from around North America to help them kick off the competitive season. Long time National Program coaches Tim Frick and Jerry Tonello, as well as University of Alabama Asst. Coach Stephanie Wheeler helped out BCWBS coaches Cheryl Corrigan and Joe Higgins to put the athletes through a thorough preseason workout. Also in attendance were new junior athletes who are quickly moving up the ranks. The camp had a great mix of learning and competition for both levels, as well as good off-court sessions with video master Jerry Tonello and Sport BC nutritionist Cristina Sutter.

### Regional Coach – Joe Higgins

#### *Ten Coaching Tips to Success in Wheelchair Basketball*

- Understand the strengths of your players and focus primarily on what your players can do best.
- Coach the fundamentals (pushing a chair, passing effectively, and shooting uncontested shots).
- Understand the classification system and how it affects individual players and your team as a whole.
- Use available technology, knowledge of your players, and advancement in equipment to give your team the best chance for success.
- Go step by step when developing a drill. Start simple and become more complex with time.
- Have a role for every player where they can have an impact on the outcome of the game.
- Set measurable, meaningful, and obtainable goals for yourself and your team.
- Make games and practices fun, challenging, and inspiring.
- Plan for the unexpected (number of people at practice, level of experience and talent, game situations, etc).
- Understand why you are coaching and why your athletes are playing.

### Regional Coach – Pat Harris

Prince George Titans program had another good year. Our program continues to run out of the Kinsmen Community Complex. We are fortunate to have this venue and extend our appreciation to the Kinsmen Club of Prince George for all of their support over the years.

Mini Hoops ran on Monday nights at 5:30 to 6:00pm and the Adult program ran Monday and Wednesday evenings. This year we were pleased that 4 new players in our Adult program signed up. Michelle, Joe, Lara and Susanna. Lots of enthusiasm and potential in these new players. You may meet them on the court next year.

We presented many wheelchair basketball demos over the year to numerous schools in the Prince George area. We were successful in developing a entry level basketball curriculum and delivering it to 3 schools in our School District #57. Thanks to Avril Harris who spent countless hours delivering the curriculum to hundreds of school kids this year.

Once again we joined forces with Kamloops to enter a team into the CWBL League. It is always fun to play with our friends in Southern BC. We all look forward to another great year, See you on the court.

## THANK YOU!

**UPS Foundation** for 2 sport chairs • **KidSport Canada and WestJet** for supporting the travel for many of our junior athletes which enabled them to attend the 2008 Junior Wheelchair Basketball Challenge • **Rick Hansen Foundation** for supporting Quality of Life grants through Wheels in Motion in support of the 2008 Junior Wheelchair Basketball Challenge, Spinergy Wheels for a Men's Provincial Team player, and the 2008-09 City League • **CKNW Orphan's Fund, The Hamber Foundation, and CWBA** for supporting the Mini-Basket & Jr. 10ft. Festival through their generous grant. • **Panago Pizza** for supporting the Mini-Basket & Jr. 10ft. Festival with their Pizza donation and supporting and the BC-CWBL Finals with meal certificate prizes • **Subway** for supporting the BC-CWBL Finals this year with their sandwiches & cookies donation.