

DOUGLAS COLLEGE LIONS AND VICTORIA WIN BC-CWBL



On March 6th and 7th, BCWBS in partnership with Douglas College, held the 2010 Division I and II Finals in New Westminster. Both divisions were a hotly contested affair, with many close games throughout the weekend. Division One Finals were the culmination of a long season with the new draft version teams. Peaking just in the nick of time were Peter Taylor's Dingos with two wins on the weekend, while the Royals dropped two, and the Lions split two games. The overall season standings ended as such: 1. Lions, 2. Royals and 3. Dingos.

In Division Two, seven teams from around the province were represented: Victoria, Nanaimo, Kamloops, Kelowna and three teams from the Lower Mainland. Round robin play produced some great games, and the semi-finals ended up being Victoria versus the Hooligans and the Breakers versus Kelowna. Victoria routed the Hooligans, while the Breakers edged Kelowna in a nail biter. Alas, the semis took it all out of the Breakers, as they then lost to Victoria in spectacular fashion. This was Victoria's first Division II Championship since 2003. Congratulations to Victoria!

Division 1	1st place:	Douglas College Lions
	2nd place:	Douglas College Royals
	3rd place:	Douglas College Dingos
	MVP:	Patrick Anderson (Lions)
	All Stars:	Erik Hagreen (Dingos)
		Ross MacDonald (Royals)
		Bo Hedges (Royals)
		Jaimie Borisoff (Lions)
		Jessica Vliegenthart (Royals)
	League Awards:	Fair Play – Tyler Tingle (Dingos)
	Most Improved:	Derek Lundie (Lions)
	Leadership:	Bo Hedges (Royals)

All three teams will compete in the CWBL Open Finals (the club team nationals) which will be held at Douglas College Coquitlam on April 2 & 3 and Douglas College New Westminster on April 4.

Division 2	1st place:	Victoria
	2nd place:	Breakers
	3rd place:	Okanagan Thunder
	4th place:	Mid Island Tsunami
	5th place:	Hooligans
	6th place:	Kamloops Bulldawgs
	7th place:	Vintage Cable Cars
	MVP:	Tony Golston (Victoria)
	All Stars:	Avril Harris (Kamloops)
		Derek Lundie (Cable Cars)
		Matt Ficocelli (Okanagan)
		Peter Colistro (Cable Cars)
		Chad Palmer (Hooligans)
	League Awards:	Fair Play – Jean Luc Lagan (Victoria)
	Most Improved:	Chad Palmer (Hooligans)
	Rookie of the Year:	Loren Pearson (Victoria)

BCWBS would like to thank all the sponsors, volunteers, officials, spectators, athletes, and the lower mainland teams for their support at the tournament.

Sponsors

Advanced Mobility • BC Hydro • MEDiChair • Panago Pizza • Subway

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



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Provincial Coach *Cheryl Corrigan*
Program Coordinator *Makiko Harada*

2009-10 Board of Directors

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BCWBS ANNOUNCES 2009 ANNUAL AWARDS

(New Westminster, BC) BC Wheelchair Basketball Society announced the 2009 organizational award winners at the award banquet held March 6, 2010 at the Executive Plaza Hotel in Coquitlam during the BC-CWBL (Canadian Wheelchair Basketball League) finals.

Outstanding Community Support Award – Pat Harris

Prince George resident, Pat Harris, wears too many hats to describe them all to you but here are a few;

- President, BC Wheelchair Sports Association (BCWSA) for 8 years;
- BCWSA Board member for 12 years;
- Former athlete, Wheelchair Basketball, Wheelchair Athletics;
- Former Coach, Wheelchair Basketball for over 20 years;
- 2003 Canada Games Coach;
- Asst Provincial Team Coach for BC Men's Wheelchair Basketball;
- Founder and driving force behind the Prince George Titans Wheelchair Basketball Program;
- BC Wheelchair Sports Association Coach of the Year 2000;
- BC Wheelchair Sports Association Volunteer of the Year 1988;
- CWSA Dr. Robert W. Jackson Award for Outstanding Volunteer Service.

Congratulations to Pat Harris as the Outstanding Community Support recipient for 2009.

Official of the Year – Dean McKinnon

The level of dedication and years of service Coquitlam resident Dean Mackinnon has given to officiating the game of wheelchair basketball is outstanding. Over the 25 plus years that Dean has been involved; he has never lost his passion for the game. As head official for BC Dean has always take a leadership role in developing and retaining new officials in the system.

Dean has represented BC at the nationals for over 20 years and was a long time IWBF internationally certified official, representing Canada at America Zone Championship and Roosevelt Cup events. Currently Dean is still a very active official in BC. He continues to referee CWBL league play, evaluate and assign both wheelchair and able bodied basketball and in the 2009 season Dean was invited and represented Canada and BC at the NWBA national championships in Denver. Dean continues to serve the wheelchair sports community by sitting on the board of directors for the BC Wheelchair Sports Association, a role that he has done for many years. As a retired teacher, former IWBF international and CIS college board official and supervisor, Dean is the perfect mentor for both veteran and new officials.

Volunteer of the Year– Tyler Tingle

It is with great pleasure that we recognize Tyler Tingle of Kamloops as the BCWBS Volunteer of the Year. Many people have come and gone over the years but Tyler has remained a committed leader of the Kamloops Bull-dawgs Wheelchair Basketball Club for over 15 years. Tyler is the reason that the Kamloops Bulldawgs are still going and stronger than ever this year. As with some of the previous regional winners of this award, Tyler assumes many different roles within this club and is the heart and soul of the Bull-dawgs. Although Tyler's passion lies as a player and improving his game, he also takes on the tasks of coaching and developing new players, booking gym time, hosting BC-CWBL tournaments, managing the team and its equipment, fundraising, coordinating wheelchair basketball demonstrations at events like Wheels in Motion, and everything else it take to run a team. Tyler is a committed leader that is respected by his players and friends within the wheelchair basketball community who are truly appreciative for all he does. Congratulations Tyler - BCWBS's 2009 Volunteer of the Year.

Coach of the Year – Peter Taylor

Winner of the 2009 Stephan Dubac Memorial Award, Surrey's Peter Taylor has been the head coach of the BC Men's Wheelchair Basketball team since 1997. In that time, he has

led the team to four national championships, including the last one in May of 2009. In that time, he has also helped many of the BC male athletes to develop, and move up to our National Team. At this time, three BC athletes are included on the men's national team, and four were on the 2008 Beijing Paralympics team that won a silver medal. Peter has been instrumental in the regional and grassroots programs in BC, coaching at camps and in the BC CWBL second division league since he moved to Vancouver from Australia. Peter also played in the CWBL first division for many years, leading his team to the championship in 2006. Peter's passion for the game, ability to give of himself for the betterment of the program and its players, and his coaching ability has made him a very valuable part of wheelchair basketball in British Columbia.

Jr. Athlete of the Year – Avril Harris

BCWBS has been lucky to have the involvement of the Harris Family in their programs for many years now; as coaches, players and volunteers. This year's Junior Athlete of the Year has been all three in the past year. Avril Harris not only moved up to play in the BC CWBL Division One league in 2009, but was also a key member of the BC Junior team that brought home a silver medal from Junior Regionals, as well as an amazing coach and volunteer in his hometown of Prince George. Avril not only helps in running the PG junior and drop in programs, but also pioneered and helped enact a school program within the public system in Prince George. While Avril continues to excel on the floor in wheelchair basketball, he is always the first to volunteer off of it, and help in both the awareness and growth of our sport around the province. In his 'last' year as a junior, Avril is a phenomenal nominee for the BCWBS Junior Athlete of the Year.

Female Athlete of the Year – Janet McLachlan

North Vancouver's Janet McLachlan began the 2009 season by attending her first semester at the University of Alabama and

playing on the women's varsity team there. Janet moved to Tuscaloosa, AL in order to improve her game with the burgeoning program there. The year was more than successful, and ended with Janet helping her team to its first ever NWBA National Championship as it's high scorer, and being nominated as the Championship MVP. Upon her return to Vancouver, Janet then helped the BC Women's Provincial team to a silver medal at the CWBL Women's Championships. During the summer, Janet rejoined the Canadian National team, where she is quickly becoming a worldwide offensive threat, and leader within the team. With her commitment to excellence, and her willingness to sacrifice to better both herself and the game she now loves, Janet is a worthy nominee for the BCWBS Female Athlete of the Year.

Male Athlete of the Year – Bo Hedges

Formerly from Prince George, now living in Burnaby, the past season was a banner one for Robert (Bo) Hedges. It started off with a silver medal from the Beijing Paralympics, and ended with two National Championships and a silver medal with the Canadian Men's National Team at the 2010 America's Cup Qualifier. Bo is not only a great provincial and national team athlete; he is a leader off the court for his sport, volunteering in such capacities as: a junior coach, a board member, and a Division I and II athlete representative. He is quick to volunteer his time to the Society or a new athlete, whichever needs help. On the court, he was a constant threat, and as such was voted an All-Star at the CWBL Open Championships, where he led his team to a huge win over a talented Maritime team in the final. At Men's Nationals, he was a valuable cog in an unstoppable BC team that brought home the Robert W. Jackson trophy for the third straight year.

Bo's work ethic, his tireless commitment to his sport, and his all-around athletic abilities make him the winner of the BCWBS Male Athlete of the Year.



Cheryl Corrigan (above left), Lou Rene Legge (above right)

FROM THE OFFICE

It is with great pleasure that I return to my role as Managing Director at BCWBS after the birth of my son Evan. Oh how time flies as a whole year has passed and it seems my baby is no longer

that, but now a young toddler who is happy and healthy and loves wheels! I look forward to catching up with you all, learning about the great things that have happened in my absence, finishing up the season and planning for a spectacular season of wheelchair basketball ahead.

I would like to acknowledge Lou Rene Legge who assumed the role of Acting Managing Director in my absence and carried the reigns of overseeing a year of remarkable programming and special events such as the 2009 Americas Cup Qualifier. We thank you Lou for choosing to share your time and knowledge with BCWBS and for making us better. Of special note I would like to thank our BCWBS staff Makiko Harada, Cheryl Corrigan and Joe Higgins as well as the BCWBS Board of Directors who provided valuable insight and hard work to assist Lou in continuing the great work of BCWBS for our membership. See you all on the court soon!

Carrie Linegar, BCWBS Managing Director

CALENDAR OF EVENTS

APRIL

- 2-4 CWBL Finals
Coquitlam/New Westminister, BC
- 10-11 City of Kelowna Wheelchair
Basketball Jamboree
Kelowna, BC
- 16-18 Junior Nationals
Montreal, QC
- 24 Hoopfest
Richmond, BC

MAY

- Apr 30- May 2 Defi Sportif (Men)
Montreal, QC
- 1-2 Breakers' Tournament (Women)
Richmond, BC
- 15-16 Mini Basket Festival
TBD
- 21-23 National Championships
Saskatoon, SK

JUNE

- 13 Rick Hansen Wheels in Motion

JULY

- 5-17 World Championships
Birmingham, GB



RICHARD PETER INDUCTED INTO BC SPORTS HALL OF FAME

BC Wheelchair Basketball Society would like to congratulate Richard Peter who will be inducted as an athlete into the BC Sports Hall of Fame and Museum at an awards ceremony in September 2010. More detail can be found in the press release from BC Sports Hall of Fame and Museum below.

“There are so many deserving candidates for induction into the BC Sports Hall of Fame, and the choice was not easy,” said Doug Clement, chair of the Selection Committee and Vice-Chair of the BC Sports Hall of Fame. “Our selection committee did an outstanding job reviewing over 122 nominations. The class of 2010 truly reflects the best of the best.”

Induction recognizes excellence in sport, contribution to sport and the impact on sport in British Columbia, in the categories of athlete, team, builder, and pioneer. A selection committee, comprised of members of the BC Sports Hall of Fame Board of Trustees, the media and the sport community made the final decision after lengthy discussions and detailed review of all nominations. As part of the 42nd induction class, five athletes will be honoured, Cheryl Gibson (swimming), Spence McTavish (rugby), Sean Millington (football), Richard Peter (wheelchair basketball), and Joe Sakic (ice hockey). In the builder category, Lorne Davies (all-round) and Jenny John (field hockey) have been selected. Selected in the pioneer category is Ann Clark Ayres (athletics), and in the media category Greg Douglas. The 1994 BC Lions Football Team has been selected in the team category (football). More information on these athletes is provided in a separate document.

The official Induction ceremony for the 2010 Inductees will take place at the 42nd Annual Banquet of Champions at the Vancouver Convention Centre Expansion on September 16, 2010. The 2010 class will be joining 309 individuals and 54 teams currently honoured at the BC Sports Hall of Fame.

THANK YOU

Rick Hansen Foundation for supporting Quality of Life grants through Wheels in Motion in support of the 2009 Junior Wheelchair Basketball Challenge, and the 2009-10 City League

The Hamber Foundation for supporting the 2009-10 City League

Wheelchair Basketball Canada for supporting the BC-CWBL Finals, BC Breakers, BC Junior Programs, and BC Junior Canada Game Program

Douglas College for supporting our high performance players,

city league and BC-CWBL tournaments

Trinity Western University for supporting our high performance players and BC-CWBL tournaments

Surrey YMCA for supporting our junior program

Advanced Mobility for supporting the BC-CWBL Finals with award prizes

MEDichair for supporting the BC-CWBL Finals with door prizes

Panago Pizza for supporting the BC-CWBL Finals with meal certificate prizes

Subway for supporting the BC-CWBL Finals with their sandwiches & cookies donation

BC Hydro for supporting the BC-CWBL Finals with door prizes

BCWBS MEMBERS CELEBRATE PARALYMPICS AND OLYMPICS

As Canada welcomed athletes from around the world to Vancouver for the 2010 Olympic and Paralympic Games, the BC Wheelchair Basketball Society is so proud to highlight the involvement of members from our wheelchair basketball community in this unique sporting experience that has forever changed our country for the better. Rick Hansen was an honorary mayor of the Olympic Athlete's Village while Marni Abbott-Peter and Patrick Anderson were named honorary co-mayors of the Paralympic Athletes Village in Whistler. Jack Kosterman, Natalie Imbeau, Chad Palmer, Roberto Molina, John Lundie, Robert Hedges, Nathan Bragg, and Chris Wong were all participants in the Paralympic Games Opening Ceremony.

The 2010 Paralympic Torch Relay began in Ottawa on March 3, 2010 and concluded at the Opening Ceremony in Vancouver signalling the start of the Paralympic Winter Games on March 12, 2010. More than 600 torchbearers proudly carried the flame as part of the Vancouver 2010 Paralympic Torch Relay, an inspirational 10-day journey across Canada. Torch bearers included

Joe Higgins, Jaimie Borisoff, Michelle Stilwell, Ross MacDonald, Jennifer Krempien, Shira Standfield, Jeff Standfield, Dean MacKinnon, Patrick Anderson and of course Marni Abbott-Peter who had the distinct pleasure of being one of the final torch bearers at the Opening Ceremony. Richard Peter, Robert Hedges, Tim Frick and Michelle Stilwell carried the Olympic Torch! Congratulations also goes out to all the members of BCWSA including Laurel Crosby, Kathy Newman, Gail Hamamoto, Duncan Campbell and the many other BCWSA athletes for their Paralympic torch relay participation. What many of you may not know is that working tirelessly behind the Olympic and Paralympic Torch Relay was BCWBS Board Member Andrew Greenlaw, Torch Relays Marketing Manger. Andrew spent 116 days on the road working on the two relays. And we should not forget to congratulate Anthony Purcell, coordinator of NPC relations, for his tremendous work in making the Olympics and Paralympics a big success. And then there were the many of us who wore our Canada gear proudly and cheered on our Canadian athletes loudly "Go Canada Go." We too had a great time!

TWU BC-CWBL TOURNAMENTS

With the great help of Trinity Western University, BCWBS hosted two BC-CWBL tournaments at their campus in Langley.

On January 16 and 17, the extremely busy and competitive basketball was on display at every level. Division I is our highest level of competition drawing from the best that BC has to offer in high-performance athletes.

The Division II tournament brought together all of the teams from around the province and we saw some great games. Many of the games were decided in the last few minutes with the final game of the tournament running to double over-time. It's exciting to see how many teams are improving from tournament to tournament.

On February 6 & 7, the Division I league took its show on the road. Five teams, including three BC teams and two visiting teams from Calgary, AB, had good competitions. The games against outside teams were very valuable for all three BC teams as they prepare for the National Finals. Thank you Calgary!

At both tournaments, Trinity Western staff and students who have been participating in the Intramural program offered by Joe Higgins and Patrick Anderson had an opportunity to display their skills in wheelchair basketball. They had heated competitions against members of the Tim Frick City League past and present, BC Developmental team, and Calgary Developmental Team. It was a great experience and fun for all.

We look forward to future involvement from Trinity Western and thanks for all your support and hard work in developing wheelchair basketball.

VICTORIA TOURNAMENT & CAMP DAY

Victoria hosted a one-day tournament and camp January 9th. The Tsunami, from Mid-island, took on the host Victoria team to kick off the day. It was a great game by these two friendly rivals and saw the development of a new referee from Victoria, Rob, learning about the sport.

At the completion of that game, the tone of the day became more recreational with participants from Vancouver, Victoria, and Nanaimo split up into teams and playing round-robin games for the remainder of the day. This shuffling of players provided the

opportunity for participants to play different roles with different teammates and to see their usual teammates from the other side of the court. With short skill sessions sprinkled throughout the day, this was a great afternoon of skill development and fun. Kevin Bowie mentored the new referee in the first game, and refereed most of the round-robin games, the exception being the game when Mark and Tony tried their hands at refereeing while Kevin took his turn at playing. Mark enjoyed making a few good calls at Kevin's expense.

At the end of the day, everyone pitched in to load up the team's new trailer so that the Vancouver contingent could catch the ferry as "walk-ons", each one bringing their ball chair.

DOUGLAS COLLEGE & BCWBS HOSTS CWBL OPEN FINALS

Top eight competitive club teams from the nation, including three BC teams, compete for the national title. The games will feature elite players as well as past, present and future members of the Canadian National Team many of whom will be heading to World Championships in Birmingham, GB this summer in hopes of winning Gold!

Date: April 2-3-4, 2010

Venues: **David Lam/Pinetree Campus** (April 2-3)

1260 Pinetree Way Coquitlam, BC

Douglas College, New Westminster Campus (April 4)

700 Royal Ave, New Westminster, BC

Game Schedule:

Preliminary Round – Douglas College,

David Lam/Pinetree Campus

Friday: 12pm, 2pm, 4pm, 6pm

Saturday: 9am, 11am, 2pm

Semi-Finals – Douglas College, David Lam/Pinetree Campus

Saturday: 4pm

Medal Games – Douglas College, New Westminster Campus

Sunday: Bronze Medal Game – 10pm (*webcast*)

Gold Medal Game – 12pm (*webcast*)

Three BC Teams; Douglas College Lions, Douglas College Royals, and Douglas College Dingos, will be competing for the national title. BC team won last two Open Finals (2008, 2009.) Please bring your friends and family to cheer our local players to win the championship! For more info, wheelchairbasketball.ca.

WHEELCHAIR BASKETBALL JAMBOREE – OKANAGAN THUNDER INVITATION APRIL 10 & 11

This second annual jamboree is an opportunity for High Performance and Recreationally Competitive players with and without disability. Register as a team or as an individual. The tournament will host players from all over BC, Alberta and the Northern US States; a great weekend for people who play in City leagues or just play for the love of the game. This is an opportunity to try the sport, in a tournament setting. The high-performance component will include the British Columbia Development Squad, the Calgary Rollers and Calgary Grizzlies and any teams that want to experience a high performance tournament. The high performance teams will be using a 15 point system. The organizing committee will be hosting a social event, as well as a great weekend of wheelchair basketball. Everyone is guaranteed play time.

Tournament begins at 9 a.m. Saturday, and concludes 2:30 pm on Sunday. There will be a social event Saturday evening. There will be a maximum of four teams per division.

For more information including a detailed outline of the tournament, and to confirm your attendance please register with Paul at 250-861-5665 “eyeclark@shaw.ca”, or Local Rep Wendy Jansen wendy.jansen@utoronto.ca. Registration: \$200 per team, or \$40 per individual. B.C. residents must also be members of BC Wheelchair Basketball Society. Registration deadline April 2.

SUPPORT BC'S WHEELCHAIR BASKETBALL ATHLETES



hoopfest
2010

Saturday April 24, 2010
at Cambie School,
Richmond BC

It's Hoopfest time again...

the 17th Annual! Join us for an opportunity to play wheelchair basketball!

We'll supply the wheelchairs, coaching, food & prizes – you just come and have fun! Hoopfest is BC Wheelchair Basketball's biggest fundraising event. At this event a variety of corporate and community organizations participate in a one-day wheelchair basketball tournament to raise funds in support of wheelchair basketball programs across BC. The \$1,000 registration fee covers your team entry for up to 10 participants, t-shirts, and lunch.

The help of our BCWBS membership is always appreciated for team recruitment, donations and prizing for our silent auction and team awards and volunteers to help coach teams, score keep, referee, etc. Call BCWBS at (604) 333-3530 for more info.

MAN IN MOTION 25TH ANNIVERSARY

March 21, 2010, marks the 25th anniversary of the start of Rick Hansen's Man in Motion World Tour. The two-year journey, in which Hansen guided his wheelchair over 40,000 kilometres through 34 countries on four continents, raised \$26 million for spinal cord injury (SCI) research and increased awareness of the potential of people with disabilities. The anniversary celebration will be a two-year event, starting at the closing ceremonies of the 2010 Paralympic Games. (“abilities” winter/spring 2010)

The Rick Hansen Foundation focuses to improve quality of life for those with SCI and on research and fundraising initiatives to find a cure. Their biggest annual fundraising event, Wheels in Motion, will be held across Canada on Sunday, June 13th this year. 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 email: info@wheelsinmotion.org.

Don't forget to check out other events to celebrate the 25th anniversary as well! For more information: www.rickhansen.com.

JUNIOR REPORT

HAVE YOU HEARD? THE LET'S PLAY

Sport Wheelchairs for Kids is a new program recently launched intended to promote physical activity in kids 6 and under with disabilities. By offering sportier wheelchairs, accessible facilities and inclusive programs, this is possible. It is early on but the program is already being recognized as globally groundbreaking. Back at home, a number of children, six and under, have applied for a chair and are very excited about their prospects. In fact, we received a great deal of enthusiasm from children and parents

across British Columbia which is in great part because of the numerous agencies helping to spread the word. Moving forward, we hope to make final decisions very soon and start getting these kids chairs so that they can participate more freely in physical activities with their peers. Meanwhile we will be working with experts in the child development field to design a best practices guide for delivering inclusive programs.

You can learn more at our facebook group page:
www.facebook.com/home.php?#!/group.php?gid=281381006729

SURREY PROGRAM WRAP-UP

Makiko Harada, Surrey Program Coach

Surrey junior program had its last session on March 5th. We had 21 sessions overall this season and 15 players including 8 regular juniors and 7 drop-ins participated!! I, as a coach, enjoyed watching everyone not only improving their skills every week but also building their teamwork. Every one of regular participants pushes faster, shoots better, got better with passing, catching, and dribbling, and works with teammates better now. Without me telling anything, they helped each other and always found a way to have fun together.

Thanks everyone for coming to the practice every week and made my coaching experience wonderful!

I would like to thank Chad Palmer who volunteered as an assistant coach for his time and being a good role model for the juniors. I would also like to thank Surrey YMCA again for their generous support. Last but not at least, I would like to thank all the parents/families for driving their children every week, letting them have an opportunity to play with peers, helping them to be independent, and helping me with equipment and with sessions. Our program would not be successful for our junior players without your support.

RECREATIONAL

TIM FRICK LEAGUE 2009-2010 COMES TO A CLOSE

The Tim Frick City league has just completed its longest session ever. The Olympics and Paralympics took place right in middle of our usual winter session providing a unique opportunity for some new experiences. The Frick league was held in three locations during the same winter session: there was a weekend game with new players from Trinity Western competing against our regular participants in Langley; a Friday night session at New Westminster Secondary School, where we had lots of laughs and a very exciting game that went into double overtime; and the usual Douglas College venue, with a Family and Friends night where we welcomed five new recruits for the future, and discovered how much we have all improved over our time playing the sport.

Here we were sharing the tricks of the trade with the rookies! There were skill sessions allowing us to continue to develop our level of play, but this year we also developed our supportive skills, such as scorekeeping.

We had many highlights in the winter session, including our first ever three-point shot. It was called by Katie herself in true Hollywood fashion before it swished through the net. Our season-end award winners were Crystal for Rookie of the Year and Ranita for Most Improved. Katie and Andrew share the Leadership Awards and Natalie took home the hardware for Most Improved Junior. Gaby received an award for Community Support by helping the City League and others enjoy the sport at New Westminster Secondary School. Steven and Stephen won the award as great City League Ambassadors, thus sharing a name and a number throughout most of the winter session. Erin rounded out the awards with the Players Choice award.

I always am a little sad to see the end of the session. It's great to see the enjoyment and skills of the game flourishing in such a fun environment. Thanks again to all who have made this year's City League, both fall and winter sessions, such a great success. The referees, score keepers, administrators and those who take part in the skills sessions are very important to the growth and enjoyment, we all share.

BC ATHLETES PREPARING FOR GOLD CUP

Wheelchair Basketball Canada selected the Women's and Men's national teams that are competing at Gold Cup, the World Championships in Birmingham, England this summer. BC's players Richard Peter, Bo Hedges, Janet McLachlan, Nancy LaFleche, Jessica Vliegthart, and Elisha Williams have been selected and training hard with the National Team in pursuit of the gold medal.

Both Women and Men are the defending World Champions. Competition runs from July 5-17 2010.

Congratulations to all for making the team and good luck!

COACHES CORNER

BCWBS Coach Updates

Provincial Coach - Cheryl Corrigan

Hello all! Just a few things to update you on since the last newsletter...while the Olympics were going on, I got to spend a week with the head coaches at the University of Illinois. I attended practices and meetings, shadowing them and learning from our old National Team coach, Mike Frogley. I also got to attend the able-bodied teams' practices, as well as watch them play at Assembly Hall. It was a great learning experience, and I'm enjoying applying the things I learned here at BC practices.

Upcoming events over the summer include Junior Nationals in Montreal from April 16 – 18, the Breakers home tournament at JN Burnett on the May 1 and 2 weekend while the men are at Defi, and Men's and Women's Nationals in Saskatoon, SK on the May long weekend. Also, watch on the website for the announcement of the date for our Junior Camp in August. It will serve as tryouts for Canada Winter Games in 2011.

Regional Coach – Joe Higgins

The Olympics and Paralympics: A Coach's Reflections

Over the last two months, we have had a unique and once-in-a-lifetime opportunity to observe what goes into high performance athletic achievement. Each of the Olympic and Paralympics athletes who came to compete in Vancouver has coaches, sports administrators, families, and friends that have provided support in the months and years leading up to these games. A few athletes nail it on the day, when training, athletic ability, mental preparation, technical expertise, and a little bit of luck meet together in one day to make a Paralympic or Olympic moment that will last a lifetime. Examples for me are the Japanese sledge hockey team who had never, to my knowledge, beaten the Canadian team, but

on the day, played the games of their lives and ended up silver medalists. Or the men's long track speed skating relay team who trained tirelessly and meticulously as a team to become Olympic champions. None of them had a great individual Olympic performance, but as a team, they used techniques that they learned from short track speed skating to push themselves, literally, to gold.

As coaches, administrators, and athletes of wheelchair basketball, we can learn a great deal from these games. All these athletes put in a substantial number of hours in all areas of sport development. And probably, it wasn't just the person who put in the most hours, but the individual or team who put those hours to the greatest use for whom success was achieved. I was inspired by John Furlong, Anthony Purcell, and others who worked tirelessly to put on such an incredible showcase of sport and national spirit. These games were not perfect, but they strived for perfection. A game of basketball is much the same: things don't always go as you would like or as you planned, but it is how you adapt and deal with the less-than-perfect that may determine who wins and loses in a game.

It was an honour to see so many of our members, present and past Paralympians, Tim Frick League members, and our junior athletes experiencing and seeing elite sport in their home court. Most of the time, great athletes and coaches work in anonymity trying to get a little bit better every day, but team sports, like sledge hockey and basketball, rely on the power and commitment of the team, as well as individual skill development. Each member must work individually to make a success of the team as a whole. The team must also practice, play, and plan together to develop its strengths and limit its weaknesses, and at the same time, exploit the weaknesses of the opposing team.

Although with the closing ceremonies, we have seen the end of this great sport event in Vancouver, wheelchair basketball and other Paralympic sports should anticipate a new momentum of interest and pursuit. Let us use the example of the Torch Relay to inspire and light a flame with those who come knocking at our door eager to continue the experience.