



Student-Athlete Handbook

2009 – 2010

*Department of Physical Education,
Athletics & Kinesiology*

Grande Prairie Regional College

Table of Contents

ATHLETIC PROGRAM	4
STUDENT-ATHLETE'S RESPONSIBILITY	5
THE LEARNING SUPPORT CENTRE AT GPRC LIBRARY	5
RULES OF ELIGIBILITY	6
ATHLETIC ELIGIBILITY – ACAC STANDARDS	6
ACADEMIC SUSPENSION	6
FINANCIAL ASSISTANCE TO ATHLETES	7
JIMMIE CONDON ATHLETIC SCHOLARSHIPS	7
WOLF PAC BOOSTER CLUB BURSARIES	7
SCHOLARSHIP AGREEMENT	8
POLICIES	8
TRAVEL POLICY	8
GRIEVANCE POLICY	8
GPRC TRAVEL RULES	9
DRESS CODE & CONDUCT	9
FITNESS CENTRE AND LOCKER ROOMS	10
FITNESS CENTRE MEMBERSHIP	10
UNIFORMS	10
LOCKERS	10
STUDENT HEALTH AND DENTAL PLAN	11
OPTION TO WAIVE HEALTH AND DENTAL FEES	11
STEPS TO ATHLETIC EXCELLENCE	11
ACAC ATHLETES' CODE OF ETHICS	13
INTEGRITY	13
COMPETENCE	13
STUDENT-ATHLETE'S INTEREST	13
RESPECT FOR THE RULES	14
RESPECT FOR THE OFFICIALS	14
PERSONAL CONDUCT	14
ACADEMICS	15
2009 – 2010 WOLVES BINGO SCHEDULE	16
BINGO...THE WOLVES WAY!	17
DIRECTORY	18
ACADEMIC SCHEDULE	19

ATHLETIC HOME GAMES AND SPECIAL EVENTS.....	22
ACAC SCHEDULE	24
2008 – 2009 YEAR IN REVIEW	26
ALBERTA COLLEGES ATHLETIC CONFERENCE AWARDS.....	26
ACAC PROVINCIAL PLACING	26
CCAA NATIONAL PLACING.....	26
2008 – 2009 WOLVES' AWARDS	27
APPENDIX 1: (The Learning Support Centre at GPRC Library Brochure).....	27

DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & KINESIOLOGY

Grande Prairie Regional College

Our Mission Statement is:

“To prepare students for personal excellence in life through involvement in academic, athletic and recreational endeavours”.

ATHLETIC PROGRAM

Our program is home to the Wolves Collegiate Teams, who compete under the Grande Prairie Regional College (GPRC) banner within the Alberta Colleges Athletic Conference (ACAC) and the national Canadian Colleges Athletic Association (CCAA).

The Wolves compete in 5 ACAC sports. Basketball, Volleyball, Soccer, Curling and Cross-Country Running. Wolves Athletics has a long history of success, with our last National Championship being won by our Cross-Country team in 2002.

Comprising our nine teams, we have over 130 athletes from all across Western Canada, and some from beyond our borders. These students are registered in over 25 different academic programs within the College.

GPRC has received national recognition for work done by the athletic program, specifically in hosting numerous CCAA National Championships, including 5 consecutive years from 1998-2002. The success of these events set a new standard for collegiate National Championships in this country.

Also under the purview of Athletics is the recreation and community programs offered as an extension of Athletics. These include summer camps, sport camps, clinics, coach seminars, high school and junior high tournaments, all-star games and an extensive club program which provides athletic opportunity for over 2,000 local youth.

The Wolves Program has been recognized nationally in the past with distinguished awards such as the 05/06 CCAA Award for Innovation as well as the CCAA Community Service Award in the same year. Our athletes continue to excel in the classroom as we have more CCAA Academic All-Canadians per athlete in the country and received the 05/06 SIRC CCAA Academic All-Canadian Recognition award as the institution with the highest number of Academic All-Canadians.

STUDENT-ATHLETE'S RESPONSIBILITY

It is the responsibility of all members of Wolves' Athletic teams to:

- Maintain proper academic standards to meet the eligibility requirements of the College.
- Ensure their instructors are aware of any absences for athletic travel. Whenever there is a conflict between athletic travel and course responsibilities; i.e., midterm examinations, quizzes, unit tests or term assignments, the student will meet with the instructor normally ***before September 30 in the Fall*** semester and ***before January 15 in the Winter*** semester to arrange an alternate schedule from one of the following options.
- Normally, reschedule the project or exam for the student- athlete to be taken within a reasonable time before the trip.
- Arrange for the student to complete the project or exam under the supervision of the Coach.
 - Keep you Coach informed of these situations.
 - If satisfactory arrangements cannot be made with the instructor, the student is encouraged to seek the advice of the Director of Athletics who will work with the Instructor and the Chairperson to find a solution. Should the conflict remain unresolved, the student may make an appeal to the Dean and the Dean's decision shall be final.
- Participate in all required practices, competitions, meetings, and fund-raising activities as detailed by the coach.
- Use the College's athletic facilities and equipment with proper care and responsibility.
- Adhere to College guidelines for personal conduct when traveling as athletic representatives of the College.
- Refrain from consumption of alcohol or a minimum of 48 hours prior to competition.
- Refrain from the use of drugs.
- Strive to maintain a GPA of 2.0 or higher.

The Learning Support Centre at GPRC Library

The centre is designed to assist students in achieving academic success by providing help with writing, studying, and exam prep. The LSC also offers peer and professional tutoring service free of charge to GPRC students. The centre also provides "Student Success and Creating Success" workshops and career and workplace information. For more information please visit them in F215 (library) or 539-2957.

See Appendix 1: The Learning Support Centre at GPRC Library Brochure

RULES OF ELIGIBILITY

Athletic Eligibility – ACAC Standards

- For a student-athlete to become eligible for ACAC athletic participation, the student must be a full-time student. This requires the student to be enrolled in at least 60% (9 credits (three 3-credit courses) of the program requirements in that department each semester. Check the calendar for the correct number of credits/courses for your chosen program.

MAKE SURE AND INFORM YOUR COACH PRIOR TO DROPPING ANY COURSES!

- To maintain ACAC eligibility and to participate, a student-athlete must:
 - Successfully pass 9 credits (three 3-credit courses) in each semester
 - Attain a minimum GPA of 1.0 (D) in 1st semester of never competing before. The minimum is all subsequent semesters is 1.5 (D+) or more.

Academic Suspension

Athletes who do not meet criteria 2 above will be placed on academic suspension with the following restrictions:

- Length of Suspension: suspended athletes will be required to complete one semester as a full-time student and attain a GPA of 1.5 before being reinstated. If an athlete is not registered as a student for one academic year, that athlete will be eligible to compete upon registration.
- Suspended athletes will not be allowed to play in any games or travel with the teams.
- Athletes will be allowed to practice with the team.
- Athletes will be allowed to participate in team fundraising activities.
- Suspended athletes are not eligible to receive any athletic scholarship.

Recommended treatment for suspended athletes:

- Required to show proof of attendance in all classes.
- Required to find a tutor.
- Required to attend supervised study hall sessions.

FINANCIAL ASSISTANCE TO ATHLETES

All students participating on ACAC teams are eligible to receive athletic sponsored scholarships. As sponsored students, a higher level of academic standing is required. All athletes receiving financial assistance in the first term will not automatically be nominated in the second term. Athletes who do not meet the GPA requirement of 2.0 for the Fall semester will not receive a scholarship for the Winter Semester.

In order to enforce the above academic requirements, student-athletes will give consent to the Director of Athletics, Administrative Assistant and coach to review his/her grades throughout the season.

Jimmie Condon Athletic Scholarships

Student-athletes in the sports of volleyball, basketball, soccer and curling, are eligible for Jimmie Condon Scholarships. To qualify, the athlete must meet the criteria listed:

- Member of a designated College team.
- Must be a full-time post-secondary student and maintaining the required academic standing of a 2.0 GPA.
- Follow a practice and training program acceptable to the coach.
- Must be an Alberta resident or a participant for a second consecutive year of ACAC play.
- Student-athletes in Academic Development can qualify after they complete one semester and demonstrate academic and athletic excellence.
- Other criteria as noted with the Jimmie Condon Program.

Scholarships will be paid in two equal instalments of \$900.00 each in the first week of December and April.

Wolf Pac Booster Club Bursaries

Student-athletes are eligible to receive a Wolf Pac Booster Club Bursary if nominated by their coach. Student-athletes in all sports offered at GPRC, (cross country running, curling, volleyball, basketball, and soccer) are eligible for Wolf Pac Booster Club Bursaries.

To qualify, the athlete must meet the criteria listed:

- Member of a designated College team.
- Must be enrolled as a full-time post-secondary student and maintaining the required academic standing of a 2.0 GPA.
- Follow a practice and training program acceptable to the coach.
- Recipients will receive two equal instalments in the first week of December and April. Amounts to be determined by the Athletic Director and team coach up to the maximum of tuition.

Scholarship Agreement

- All athletes that are expecting a scholarship as agreed upon with the coach are required to review and sign the Scholarship Agreement with the Coach and Director of Athletics to confirm monetary and academic expectations of both parties.

POLICIES

Travel Policy

For road trips, all members of the traveling group are expected to be at the place of departure at the designated time. The transport vehicle will leave at that time. Those who arrive late will find themselves left behind. If there are no conflicts with the student-athlete's classes, coaches may arrange to leave earlier than the recommended time.

For tournament sports or those who have competitions that begin on Saturday, all will depart on Friday. The time of departure and meal allowance will be determined by the Athletic Director based on the competition schedule.

All student-athletes are required to use team transportation unless approval is obtained for alternate travel prior to team departure. Athlete, coach and Athletic Director (or designate) signatures are required on the Wolves' Alternate Travel Form. This form must be submitted to the Department of Physical Education, Athletics and Kinesiology office (K211) prior to departure.

All transportation and accommodation expenses for ACAC road trips will be paid by GPRC. In addition, each athlete is allotted per diem to help subsidize their personal meal expenses and broken down as follows:

- Breakfast - 3.00
- Lunch - \$4.00
- Dinner - \$8.00

This money will be distributed in cash by your coach. Travel Allowance sheet will be given to your coach and you will be required to sign confirming that you have received your per diem. Please ensure the amount on the form and the amount you received are equal prior to signing.

Grievance Policy

If a student-athlete feels unjustly treated, the following process should be followed to reach a positive outcome.

- Notify your coach. If not resolved,
- Notify Director of Athletics. If not resolved,
- File a grievance letter with the Dean, School of Health, Wellness and Career Studies

GPRC TRAVEL RULES

It is not intended to set down a number of rules whereby road trips become unpleasant experiences however there are a number of specific rules which shall be adhered to for the protection and benefit of all concerned.

- No alcoholic beverages/illegal substances of any type are allowed in any of the vehicles used for transportation.
- No alcoholic beverages/illegal substances are allowed in hotel rooms during team travel.
- You are responsible for insuring your hotel room is left in a neat and undamaged state. No items are to be removed from hotel rooms other than those which you have brought with you.
- When curfews are stipulated by coaches, they are to be strictly adhered to.
- Smoking is not allowed in College vehicles or in your hotel room.

Dress Code & Conduct

Here is the Dress Code to be followed concerning how Wolves athletes, coaches and managers will dress when playing at home.

- No blue jeans of any kind on Friday and Saturday. (Women, Denim dresses are acceptable)
- Socks will be worn.
- No running shoes.
- No sweat pants and/or sweat shirts.
- Team Gear is for *Away Games* not Home Games,
- Men:
 - Shirt and tie are recommended.
 - Sweater or turtleneck is allowed.
 - Undershirts must be tucked in.
 - No ball caps or toques at all.
- Student managers and red shirt players are a part of the team and must abide by these guidelines.

Athletes are expected to dress and conduct themselves appropriately on all College road trips. Athletes are a representative of Grande Prairie Regional College and should be prepared to present themselves accordingly.

As a member of the Grande Prairie Regional College Wolves Athletic team, athletes have the responsibility to the College, to their teammates and to themselves. The College has one fundamental rule that will be strictly enforced:

"ANY MEMBERS OF A COLLEGE TEAM WHO CONDUCT THEMSELVES IN ANY MANNER WHICH PUTS THE REPUTATION OF THE COLLEGE, TEAMMATES, COACH OR THEMSELVES IN A COMPROMISING POSITION WILL BE SUBJECT TO DISCIPLINARY ACTION."

FITNESS CENTRE AND LOCKER ROOMS

Fitness Centre Membership

As a student-athlete at GPRC, you are part of the Student Wellness Program and you receive free access to use of the weight room from September 1st to April 30th. Upon coaches recommendations free summer memberships will be granted to athletes that will be returning for the next season and will be valid from May 1st to August 30th. Student-athletes are required to follow all facility rules. Free memberships for student-athletes will be revoked by the Fitness Facilities Manager for any of the following:

- Leaving GPRC
- Quitting Teams (if during the summer months)
- Failure to turn in articles of uniform immediately after road trips.

This is a privilege to assist with training so please use it appropriately. The Fitness Centre Office is out of bounds to Wolves athletes. Staff members will distribute equipment as required. As for all members you are required to swipe your ID card whenever entering the weight room to train.

Uniforms

Uniforms are the property of Grande Prairie Regional College. You are to care for your uniform and related equipment at all times. Upon completion of any athletic event, athletes are to give all uniforms to their manager or to the Fitness Centre office if no manager is present. Uniforms are to be returned immediately upon return from any travel. Players are **not** to wash their own uniforms. Uniforms will be pre-packed by Fitness Centre staff.

Note: Meal Allowances will be withheld if uniforms are not returned on time with the rest of the team.

Lockers

Lockers may be rented. Please see a Fitness Centre Office attendant for current prices.

STUDENT HEALTH AND DENTAL PLAN

Fees for Student Health and Dental Plan are subject to changes by the Insurer.

The College assumes you have basic health care coverage. The Student Health and Dental Plan provides extended benefits. As a student registered in nine or more credits, you will be assessed health and dental fees at a rate based upon the semester in which you enrolled. If you wish to add other family members to the plan, there will be additional charges. Information pertaining to the premium and specific benefits can be obtained at the Students' Association office. Health and Dental Plan fees are due on the same date as your tuition fees.

Option to Waive Health and Dental Fees

Students who have extended health and dental coverage may opt out of the plan by completing the required waiver form and provide proof of alternate coverage to the Student's Association as per the dates listed. Waivers are only valid for the year.

Student Health Costs & Deadlines:				
Start Date	Extended Health	Dental	Total Health Fees	Opt-Out Deadline
September	\$150.00	\$145.00	\$295.00	Sept. 17, 2009
January	\$100.00	\$97.00	\$197.00	Jan. 18, 2010

STEPS TO ATHLETIC EXCELLENCE

1. Personal Responsibility & Accountability

You are solely responsible for your actions and behaviour. We expect you as a student-athlete and as an adult to demonstrate maturity in your actions. Your behaviour is a reflection of your yourself, your team, the Athletics program, Grande Prairie Regional College, players who have gone before you and players who will follow.

2. Positive Attitude

Never settle for anything less than everything you can offer. Learn from errors, do not dwell on them or your teammates' mistakes. Everyone from the coach, manager, athlete and trainer will make mistakes during the season. As long as you improve from them they are not wasted.

3. Unselfishness

Unselfishness is the key to success. None of us can succeed on our own. Set envy, jealousies and destructive personal rivalry aside. We win together and lose together – no one person wins it or loses it, we are all responsible. Teammates who become abusive to each other are required to resolve the situation positively themselves, with minimal involvement from the coaches.

- 4. Respect**
Treat teammates, coaches, officials, support staff, and the opposition with respect. Feelings of disrespect, hate, seeking revenge, or "getting even" detracts from our play. Always show officials respect; they have a much tougher job than any of the players or coaches.
- 5. Commitment**
Commit yourself to being on time, fully dressed, ready to go, and giving your best in every practice and match. If you have to miss practice or a match, contact the coach beforehand. If not possible, seek out the coach to explain – do not wait to be asked.
- 6. Responsibility**
Accept responsibility for errors, loss of temper, loss of concentration and poise without making excuses and then resolve to focus on improvement.
- 7. Accept Coaching and Other Directions**
Accept coaching and other directions, including roster assignments, in a positive cooperative manner. If you want to question coaching decisions, arrange to see the coach at the earliest time and place where rational discussion can be carried out (not during practice or in competition).
- 8. Leadership**
Every player can be a leader in their own way: for example, by doing their part, helping out, being enthusiastic, supporting teammates, never getting "down", etc.
- 9. Goals**
Set quality play, self-improvement, and task related goals; the outcome will take care of itself.
- 10. Consistency**
Our goal is to perform consistently to the best of our present ability. Be ready to play to your potential each match.
- 11. Drugs & Alcohol**
Athletes are to refrain from using any illegal drugs. Athletes are encouraged to avoid alcohol consumption and smoking. Smoking is not permitted at or near practice, at the competitive facilities or during team travel. Alcohol consumption is prohibited 48 hours before competition.
- 12. Cooperation**
Be cooperative and helpful. Be willing to do your part to share in all duties of the team.
- 13. Swearing**
Swearing or crude language is not acceptable at any time, as you are a representative of Wolves Athletics at all times.
- 14. Injuries**
It is your responsibility to report injuries to the coaching staff. Injured athletes are expected to seek medical attention as early as possible and to follow complete medical rehabilitation.

All players, coaches, managers, and others associated with the team will be bound equally by these guidelines. If any individual feels they cannot commit themselves to these guidelines, they should so indicate and leave the team.

Many of these rules and guidelines in this handbook must be enforced upon yourself. Your conscientious cooperation will help the Wolves' Athletic program maintain a standard of quality that we can be proud of.

ACAC ATHLETES' CODE OF ETHICS

Integrity means that student-athletes are expected to be honest, sincere and honorable in relationships with others. Acting on these values is possible when student-athletes possess a high degree of self-awareness and the ability to reflect critically on how perspectives influence interactions with others. It is essential that student-athletes respect the rights of other student-athletes, coaches and the public. In being faithful to the principle of integrity, student-athletes will adhere to the following ethical standards.

Integrity

- Do not make participants more or less worthy than others on the basis of gender, race, place of origin, athletic potential, color, sexual orientation, religion, political beliefs, socio-economic status, marital status, age or any other conditions.
- Be discreet in all conversations about others in sport.
- Do not practice, condone, ignore, facilitate or collaborate with any form of discrimination in sport.
- Respect one another for worth as individuals, and promote the rights of others in sport.
- Act toward other student-athletes and coaches in a manner characterized by courtesy, good faith and respect.

Competence

The principle of competence challenges student-athletes to recognize, act on, and promote the value of sport in themselves and within society in general. In being faithful to the principle of competence, student-athletes must strive to perform to the best of their abilities and adhere to the following ethical standards:

- Strive to be fully present, both physically and mentally, in the performances of athletic duties.
- Communicate and cooperate with health practitioners in the diagnosis, treatment and management of your own health related needs.
- Do not use performance enhancing drugs, and support other student-athletes' efforts to be drug free.
- Refrain from the use of alcohol and tobacco in conjunction with athletic events or victory celebrations at the playing site.
- Promote and maintain the highest standards of athletic discipline.

Student-Athlete's Interest

The principle of the student-athlete's interest carries the basis of ethical expectations that the activities of the student-athletes will benefit society in general and participants in particular, and will do no harm.

Fundamental to the implementation of this principle is the notion of responsible participation - maximizing benefits and minimizing risks - and is carried out by student-athletes who are well prepared and current in their discipline. Student-athletes must act in their individual, team or institution's best interest. In being faithful to the principle of best interest, student-athletes will adhere to the following ethical standards:

- Refrain from practicing in unsafe or inappropriate situations that significantly compromise the quality of your contribution and the health and safety of your personal being.
- Deal with differences of opinion constructively on a personal basis and refer more serious disputes to the appropriate authority.
- Avoid abusing relationships with other student-athletes, coaches, officials, and/or administrators.

Respect for the Rules

Respect for the Rules outlines the student-athlete's responsibilities to adhere to the guidelines of sport. Student-athletes must play fair at all times and exhibit respect for their sport. In being faithful to the principle of respect for the rules, student-athletes will adhere to the following ethical standards:

- Participate safely in sport.
- Act on an enthusiastic and genuine appreciation for sport.
- Model the fundamentally positive aspects of sport (e.g. sporting and human excellence, fair play, honest competition and effort, self-discipline, integrity, personal growth and development, respect for the body, challenge, achievement and other positive aspects identified by participation in sport.)
- Avoid engaging in the potentially negative aspects of sport. E.g. winning at all costs, playing to the letter of the rules at the expense of the spirit of the rules, exploring/exploiting unfairly competitors weaknesses.
- Accept both the letter and the spirit of the rules that define and govern the sport.
- Uphold the rules of the sport and the spirit of such rules.

Respect for the Officials

Student-athletes must exhibit respect for the referees' and officials' judgment and decisions. In being faithful to the principle of respect for officials, student-athletes will adhere to the following standards:

- Accept the roles of officials in ensuring competitions are conducted fairly and according to the established rules.
- Refrain from abusive personal attacks on officials.
- Respect the officials in areas of expertise, experience and insights of sport by considering carefully their opinions.
- Respect officials' decisions and maintain dignity in all situations.

Personal Conduct

The principle of personal conduct challenges student-athletes to act in a manner respectful of the dignity for all participants in sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect. Student-athletes must expect and present the best of one's self at all times. In

being faithful to the principle of personal conduct student-athletes will adhere to the following ethical standards:

- Interact with others in a manner that enables all participants in sport to maintain their dignity.
- Maintain the highest standards of personal conduct and project a favorable image of your sport.
- Treat all participants in sport with respect at all times.
- Do not engage in statements, conversations and/or jokes of a demeaning nature of others in sport.
- Keep confidential any information about student-athletes or others which is considered privileged.
- Be aware of significant pressures in other student-athlete's lives (e.g. school, family & financial pressures) in a manner that fosters positive support.
- Act responsibly at all times.
- Honor all promises and commitments.

Academics

The principle of academics is to promote scholastic achievement. Student-athletes must place academics before athletics. It is the student-athlete's responsibility to strive to a level of excellence which would be respected by the athletic department, institution and community.

- Promote education, knowledge and development in your field of study.
- Prioritize academics ahead of athletics.
- Do not expect privileges based on your athletic involvement which your classmates would not receive.
- Maintain at the very least, the minimum GPA stated by the PEAK department.

2009 – 2010 Wolves Bingo Schedule

Date	Bingo	Team	Team 2
Thursday Oct. 22, 09	Evening & Late Night	MBB	MBB
Thursday Oct. 29, 09	Evening & Late Night	WBB	WBB
Thursday Nov. 12, 09	Evening & Late Night	MBB	MBB
Thursday Nov. 26, 09	Evening & Late Night	MVB	MVB
Thursday Dec. 3, 09	Evening & Late Night	WVB	WVB
Thursday Jan. 7, 10	Evening & Late Night	WSC	WSC
Monday Jan. 11, 10	Evening	MSC	
Thursday Jan. 28, 10	Evening & Late Night	WSC	WSC
Thursday Feb. 11, 10	Evening & Late Night	CL	CL
Thursday Feb. 25, 10	Evening & Late Night	XC	XC
Thursday Mar. 4, 10	Evening & Late Night	MSC	MSC
Thursday Mar. 18, 10	Evening & Late Night	MSC	MSC
Thursday Apr. 8, 10	Evening & Late Night	WVB	WVB
Thursday Apr. 22, 10	Evening & Late Night	WBB	MBB
Sunday Sept. 5, 10	Evening	WSC	
Thursday Sept. 9, 10	Evening & Late Night	WBB	WBB
Thursday Sept. 23, 10	Evening & Late Night	MVB	MVB

AFTERNOONS

- 8 workers in total
 - 10:30 am Chairperson
 - 11:00 am Cage Workers
 - 12:00 pm Paymaster & Floor Workers

EVENINGS

- 8 workers in total
 - 4:30 pm Chairperson
 - 5:00 pm Cage Workers
 - 6:00 pm Paymaster & Floor Workers

LATE NIGHT

- 8 workers in total
 - 9:00 pm Chairperson (best if chairperson is the same as evening)
 - 9:30 pm Cage Workers
 - 10:00 pm Paymaster & Floor Workers

Bingo...the WOLVES way!

If we had our wish we would never work a Bingo again! BUT... athletic participation requires revenue. Almost all aspiring teams work Bingo and fund raise extensively so when we go to Bingo we should try and find a way to enjoy the event and be productive raising money for your team. The revenue goes to something you should believe in strongly: **YOUR** Team.

Your attitude is the determining factor for how much you choose to enjoy or dislike Bingo. It is easy to focus on the conditions we dislike, however the true challenge comes in finding ways to enjoy Bingo.

The owners of the Bingo Hall consider the business of running Bingo vital. Bingo is their business and creates the necessary income to remain in business. Our job is to serve the Bingo players effectively and courteously and thereby make the Bingo Hall successful and provide income for both the Bingo Hall owners and ourselves. It's a partnership.

Can you think of any other fund raising venture as effective as Bingo? Bingo is an effective fund raising source and in many respects we are lucky the Wolf Pac Booster Club is doing the administrating to enable us to benefit from working Bingo.

It is important that you have a clear understanding of why we work Bingo. Bingo revenue goes to our personal team account at GPRC which could pay for exhibition travel, managers, assistant coach salary, team clothing, videos, etc. What is our take? All the Bingo revenue from all the GPRC teams is pooled and an average profit is calculated. We receive the product of the average bingo profit multiplied by the number of bingos we work.

Good Bingo Workers do the following:

- Arrive on time and stay until the end of Bingo.
- Come with a willing attitude and take responsibility easily.
- Are friendly to the customer and demonstrate behaviour which shows the customer comes first.
- Recognize each Bingo as an opportunity to raise money for their team
- Ask how tasks need to be accomplished rather than assuming how things are done.
- Realize the hustle and effort we put into selling extra cards relates directly to how much money their team makes.
- Avoid being a distraction to Bingo players by entering loud conversations or standing in front of the TV monitors.
- Purchase and eat their food only during slow times.
- Avoid complaining about Bingo players and the Bingo environment.
- Willingly give the easiest jobs to non-team volunteers.
- Find a way to enjoy the experience.

DIRECTORY

Abney, Jordan	539-2230 jabney@gprc.ab.ca	Director of Athletics
Basarab, Carla	539-2927 cbasarab@gprc.ab.ca	Financial Aid Coordinator
Corcoran, Bill	539-2735 bcorcoran@gprc.ab.ca	X-Country Running Coach
Fleming, Lori	539-2000 lfleming@gprc.ab.ca	Community Programs
Goldie, Leigh	539-2978 lgoldie@gprc.ab.ca	Department Chairperson
Gravel, Nathalie	539-2000 ngravel@gprc.ab.ca	Athletic Events Assistant
Gravengard, Kim	539-2063 kgravengard@gprc.ab.ca	Women's Basketball Coach
Head, Dwayne	539-2000 dhead@gprc.ab.ca	Fitness Centre Manager
Lauzon, Mike	539-2063 mlauzon@gprc.ab.ca	Men's Volleyball Coach
Levoir, Chris	539-2063 clevoir@gprc.ab.ca	Administrative Assistant
Nicol, Chris	539-2838 cnicol@gprc.ab.ca	Men's Basketball Coach
PEAK Fax Machine	539-2811	
Registrars' Office	539-2944	
Richardson, Kim	539-2834 krichardson@gprc.ab.ca	Housing
Sallis, Miranda	539-2072 msallis@gprc.ab.ca	AB Sport Development Centre (NW) Coordinator
Sallows, Caryl	539-2005 csallows@gprc.ab.ca	Curling Coach
Scott, Rick	539-2953 rscott@gprc.ab.ca	X-Country Running Coach
Spaidal, Chris	539-2063 cspaidal@gprc.ab.ca	Men's Soccer Coach
Students' Association	539-2962	
Tappen, Shelley	539-2816 bffl@gprc.ab.ca	Be Fit For Life Centre
Tattrie, Dori	539-2878 dtattrie@gprc.ab.ca	Be Fit For Life Coordinator

Thomson, Ron	539-2901 rthomson@gprc.ab.ca	Women' Volleyball Coach
Waknuk, Dave	539-2063 dwaknuk@gprc.ab.ca	Women's Basketball Associate Coach
Watson, Robin	876-1779 rwatson@gprc.ab.ca	Women's Soccer Coach

ACADEMIC SCHEDULE

September 2009

- 01 **Tues.**
 - College Orientation.
 - **PEAK Dept. Student Orientation**
 - Registration confirmation begins for all students.

- 02 **Wed.**
 - **PEAK Dept. Student Retreat**
 - Program and Department Orientations.
 - Deadline to confirm registration. Registration not confirmed by this date will be cancelled & students forfeit their tuition deposit.

- 03 **Thurs.**
 - Fall semester classes begin in most programs.
 - Application Deadline: Prospective students are advised to apply early.

- 07 **Mon.**
 - Labour Day. Limited access to College buildings. College Administrative Offices are closed.

- 10 **Thurs.**
 - Last day to add fall semester and full-year courses.

- 17 **Thurs.**
 - \$ Last day to pay fall semester fees. Students who have not paid fall fees in full will be assessed a late payment penalty after this date.
 - \$ Last day to drop for refund. Students withdrawing after this date will be assessed 100% of fees for withdrawn courses.
 - Last day to opt out of the Student Health & Dental Plan.

October 2009

- 01 **Thurs.**
 - Applications for September 2010 admission received from this day on for all programs.

- 12 **Mon.**
 - Thanksgiving Day. No Classes. Limited access to College buildings. Administrative offices are closed.

- 13 **Tues.**
 - Classes resume.

- 26, 27, 29
 - Student For A Day

28 Wed. ▪ College Open House

November 2009

4 Wed. ▪ **PEAK Programs Day**

06 Fri. ▪ Withdraw with permission: last day for withdrawing with permission from or changing registration status from audit to credit or credit to audit.
▪ Withdrawing from a course after this date will result in a failing grade.

11 Wed. ▪ Remembrance Day. No classes. Limited access to College buildings. Administrative offices are closed.

12 Thurs. ▪ Classes resume.

December 2009

01 Tues. ▪ \$ Registration deposit due for winter semester.

07 Mon. ▪ Last day of fall semester classes in most programs.

09 Wed. ▪ Fall semester exams begin in most programs.

18 Fri. ▪ Fall semester course requirements, including final exams, are completed.

24 Thurs. ▪ Christmas Eve. Limited access to College buildings. Administrative offices close at noon.

25 Fri. ▪ Christmas Day. Limited access to College buildings. Administrative offices are closed.

26 – 31 • Limited access to College buildings. Administrative offices are closed.

January 2010

01 Fri. ▪ New Year's Day. Limited access to College buildings. Administrative offices are closed.

04 Mon. ▪ Registration confirmation begins for all students.
▪ Orientation to College for newly registered students.

05 Tues. ▪ Deadline to confirm registration. Registrations not confirmed by this date will be cancelled and students forfeit their tuition deposit.
▪ Winter semester classes begin for most programs.
▪ Application Deadline: Prospective students are advised to apply early.

- 11 Mon. ▪ Last day to add winter semester courses.
- 12 Thurs. ▪ Last day for Registrar's Office to receive applications for repeat final exams for fall semester courses.
- 18 Mon. ▪ \$ Last day to pay winter semester fees to avoid late payment penalty. Students who have not paid winter fees in full will be assessed a late payment penalty after this date.
- \$ Last day to drop classes for refund. Students withdrawing after this date will be assessed 100% of fees for withdrawn courses.
- \$ Last day for new registrants for winter semester to opt out of the Student Health & Dental Plan.
- 27 Wed. ▪ Last day for deferred and repeat final exams for fall semester courses.
- Deadline to clear grades of "IN" for fall semester courses.

February 2010

- 15 Mon. ▪ Family Day. No classes. Limited access to College buildings. Administrative offices are closed.
- 16 Tues. ▪ Classes resume.

March 2010

- 5 - 12 ▪ Winter semester break. No classes.
- 2010 Arctic Winter Games
- 15 Mon. ▪ Classes resume.
- 17 Wed. ▪ Withdraw with permission: last day for withdrawing with permission from, or changing registration status from audit to credit or credit to audit.
- Withdrawing from a course after this date will result in a failing grade.
- 15, 16, 18 ▪ Student for a Day.
- 24 Wed. ▪ **PEAK Pictures, Pizza & Party**

April 2010

- 01 Thurs. ▪ Early registration for September 2010 begins for continuing students.
- 02 Fri. ▪ Good Friday. No classes. Limited access to College buildings. Administrative offices are closed.
- 09 Fri. ▪ Deadline to apply to graduate.

- 15 Thurs. ▪ Last day of winter semester classes in most programs.
- 17 Sat. ▪ Winter semester and full year courses exams begin in most programs.
- 29 Thurs. ▪ Winter semester course requirements including final exams are completed.

May 2010

- 03 Mon. ▪ Registration for September 2010 begins for full and part-time new and returning students.
 ▪ Spring session classes normally begin on this day.
- 08 Sat. ▪ Convocation
- 12 Wed. ▪ Last day for the Registrar's Office to receive applications for repeat final exams for winter and full year courses.
- 24 Mon. ▪ Victoria Day. No classes. Limited access to College buildings. Administrative offices are closed.
- 25 Tues ▪ Classes resume.
- 27 Thurs. ▪ Last day for deferred and repeat final exams for winter and full year courses.
 ▪ Deadline to clear grades of "IN" for full year and winter semester courses.

June 2010

- 25 Fri. ▪ Spring session ends.
- 30 Wed. ▪ College year ends.

ATHLETIC HOME GAMES AND SPECIAL EVENTS

All dates are subject to change.

Wolves' Running Series (DGLW Trail Race)	September 6, 2009
ACAC Soccer (GPRC vs NAIT)	September 12 & 13, 2009
Wolves' Running Series (Steve Burgess Memorial)	September 19, 2009
ACAC Soccer (GPRC vs Keyano)	September 19 & 20, 2009
Athlete Orientation	September 22, 2009

Volleyball – Big Red.....	September 25 & 26, 2009
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ACAC Soccer (GPRC vs MacEwan).....	October 3 & 4, 2009
Volleyball – Little Red.....	October 9 & 10, 2009
ACAC Basketball (GPRC vs LC)	October 23 & 24, 2009
Basketball – Parent Weekend	October 23 & 24, 2009
Wolves’ Running Series (Relay Race).....	October 24, 2009
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ACAC Volleyball (GPRC vs King’s)	November 6 & 7, 2009
Volleyball – Parent Weekend.....	November 6 & 7, 2009
ACAC Volleyball (GPRC vs NAIT).....	November 20 & 21, 2009
Casino	November 23 & 24, 2009
ACAC Basketball (GPRC vs MacEwan)	November 27 & 28, 2009
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Volleyball – All Star.....	December 3, 2009
Basketball – Sr. High Tourney	December 4 & 5, 2009
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Minor Basketball Coaches’ Clinic.....	January 3, 2010
Basketball – Holiday Hoop Camp	January 3, 2010
Basketball – Minor Basketball Player’s Clinic	January 11, 2010
ACAC Basketball (GPRC vs King’s)	January 15 & 16, 2010
ACAC Basketball (GPRC vs NAIT).....	January 23 & 24, 2010
Basketball – Jr. High Basketball Classic.....	January 29 & 30, 2010
Minor Basketball Day.....	January 30, 2010
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ACAC Basketball (GPRC vs CUCA).....	February 5 & 6, 2010
Minor Basketball Day.....	February 5 & 6, 2010
ACAC Basketball (GPRC vs AUC)	February 12 & 13, 2010
Basketball – Parent Weekend	February 12 & 13, 2010

Minor Basketball Tourney	March 14 & 15, 2010
Volleyball Club – Premier Tourney (U15 Boys)	March 21 & 22, 2010
Festival of Gold.....	March 25, 2010
Volleyball Club – Premier Tourney (U17/18 Boys).....	March 28 & 29, 2010
Basketball – All Star.....	April 2, 2010
Basketball ID Camp.....	April 3, 4 & 5, 2010
Basketball Club Tryouts.....	May 2010
Basketball Club Tourney.....	June 2010

Note: ACAC Volleyball's winter schedule will be announced in December.

ACAC SCHEDULE

Sport	Date (m/d/yy)	Visitor	@	Home	Time - W	Time -M	Venue
XC Running	12-Sep-09	GPRC	@	SAIT	Varied	Varied	Calgary
Soccer	12-Sep-09	NAIT	@	GPRC	12:00	2:00	Rotary Fields
Soccer	13-Sep-09	NAIT	@	GPRC	12:00	2:00	Rotary Fields
Soccer	19-Sep-09	KC	@	GPRC	2:00	4:00	Rotary Fields
Soccer	20-Sep-09	KC	@	GPRC	12:00	2:00	Rotary Fields
XC Running	26-Sep-09	GPRC	@	RDC	Varied	Varied	RDC
Soccer	26-Sep-09	GPRC	@	King's	2:00	4:00	King's
Soccer	27-Sep-09	GPRC	@	CUCA	12:00	2:00	CUCA
Soccer	03-Oct-09	MacEwan	@	GPRC	2:00	4:00	Rotary Fields
Soccer	04-Oct-09	MacEwan	@	GPRC	12:00	2:00	Rotary Fields
Basketball	16-Oct-09	GPRC	@	King's	6:00	8:00	King's
Basketball	17-Oct-09	GPRC	@	King's	1:00	3:00	King's
XC Running	17-Oct-09	GPRC	@	AUC	Varied	Varied	AUC
Soccer	17-Oct-09	GPRC	@	King's	2:00	4:00	King's
Soccer	18-Oct-09	GPRC	@	CUCA	12:00	2:00	CUCA
Volleyball	23-Oct-09	GPRC	@	LC	6:00	8:00	LC
Volleyball	24-Oct-09	GPRC	@	LC	1:00	3:00	LC
Basketball	23-Oct-09	LC	@	GPRC	6:00	8:00	GPRC
Basketball	24-Oct-09	LC	@	GPRC	1:00	3:00	GPRC
Volleyball	30-Oct-09	GPRC	@	KC	6:00	8:00	KC

Volleyball	31-Oct-09	GPRC	@	KC	1:00	3:00	KC
XC Running	31-Oct-09	GPRC	@	RDC	Varied	Varied	RDC
Basketball	31-Oct-09	GPRC	@	NAIT	6:00	8:00	NAIT
Basketball	01-Nov-09	GPRC	@	NAIT	1:00	3:00	NAIT
Basketball	06-Nov-09	GPRC	@	CUCA	6:00	8:00	CUCA
Basketball	07-Nov-09	GPRC	@	CUCA	1:00	3:00	CUCA
Volleyball	06-Nov-09	King's	@	GPRC	6:00	8:00	GPRC
Volleyball	07-Nov-09	King's	@	GPRC	1:00	3:00	GPRC
Volleyball	13-Nov-09	GPRC	@	MacEwan	6:00	8:00	MacEwan
Volleyball	14-Nov-09	GPRC	@	MacEwan	1:00	3:00	MacEwan
Basketball	20-Nov-09	GPRC	@	AUC	6:00	8:00	AUC
Basketball	20-Nov-09	GPRC	@	AUC	1:00	3:00	AUC
Volleyball	20-Nov-09	NAIT	@	GPRC	6:00	8:00	GPRC
Volleyball	21-Nov-09	NAIT	@	GPRC	1:00	3:00	GPRC
Curling	20-Nov-09	GPRC	@	CUCA	Varied	Varied	CUCA
Curling	21-Nov-09	GPRC	@	CUCA	Varied	Varied	CUCA
Curling	22-Nov-09	GPRC	@	CUCA	Varied	Varied	CUCA
Basketball	27-Nov-09	MacEwan	@	GPRC	6:00	8:00	GPRC
Basketball	28-Nov-09	MacEwan	@	GPRC	12:00	2:00	GPRC
Basketball	08-Jan-10	GPRC	@	LC	6:00	8:00	LC
Basketball	09-Jan-10	GPRC	@	LC	1:00	3:00	LC
Basketball	15-Jan-10	King's	@	GPRC	6:00	8:00	GPRC
Basketball	16-Jan-10	King's	@	GPRC	1:00	3:00	GPRC
Basketball	23-Jan-10	NAIT	@	GPRC	6:00	8:00	GPRC
Basketball	24-Jan-10	NAIT	@	GPRC	1:00	3:00	GPRC
Curling	29-Jan-10	Varied	@	GPRC	Varied	Varied	GPRC
Curling	30-Jan-10	Varied	@	GPRC	Varied	Varied	GPRC
Curling	31-Jan-10	Varied	@	GPRC	Varied	Varied	GPRC
Basketball	05-Feb-10	CUCA	@	GPRC	6:00	8:00	GPRC
Basketball	06-Feb-10	CUCA	@	GPRC	1:00	3:00	GPRC
Basketball	12-Feb-10	AUC	@	GPRC	6:00	8:00	GPRC
Basketball	13-Feb-10	AUC	@	GPRC	1:00	3:00	GPRC
Basketball	19-Feb-10	GPRC	@	MacEwan	6:00	8:00	MacEwan
Basketball	20-Feb-10	GPRC	@	MacEwan	1:00	3:00	MacEwan
Curling	26-Feb-10	GPRC	@	AUC	Varied	Varied	AUC
Curling	27-Feb-10	GPRC	@	AUC	Varied	Varied	AUC
Curling	28-Feb-10	GPRC	@	AUC	Varied	Varied	AUC

****Note: Volleyball's winter schedule will be announced in December.**

2008 – 2009 YEAR IN REVIEW

Alberta Colleges Athletic Conference Awards

ACAC All-Conference Women's Soccer (Forward)	Nicola Weber
ACAC All-Conference Women's Soccer (Defender)	Sydney Spencer
ACAC All-Conference XC Running	Lori Leduc
ACAC All-Conference Curling (Third)	Jaclyn Huitt
ACAC All-Conference Curling (Lead)	Heather Stewart
ACAC Player of the Year for Curling	Cary-Anne Sallows
ACAC All-Conference Women's Volleyball (North Division)	Jaryn Ruether
ACAC All-Conference Men's Volleyball (North Division)	Devon McLeod & John Scheideman
ACAC All-Conference Women's Basketball (1 st Team North)	Melissa Buhler
ACAC All-Conference Women's Basketball (2 nd Team North)	Erin Slemp
ACAC All-Conference Men's Basketball (1 st Team North)	Khas Tokar
ACAC Subway Athletes of the Week	Melissa Buhler (WBB)

ACAC Provincial Placing

Men's Basketball — 7th in North Division
Women's Basketball — 4th in North Division (Tied for 5th in Quarter Finals)

Men's Cross Country Running — 5th in League
Women's Cross Country Running — 4th in League

Men's Curling — 5th in League
Women's Curling — 2nd – Silver in Provincials
Mixed Curling — 2nd – Silver in Provincials

Men's Soccer — 6th in North Division
Women's Soccer — 3rd in North Division (4th in Provincials)

Men's Volleyball — 3rd in North Division (7th in Provincials)
Women's Volleyball — 2nd in North Division (3rd – Bronze in Provincials)

CCAA National Placing

Women's Cross Country Running — 6th

2008 – 2009 WOLVES' AWARDS

Men's Basketball

Most Improved
Austin "Auzzie" Mueller – Heart & Hustle Award
Team Player
MVP
Darryl Nicoll Memorial Scholarship Award

Claude Germain
Jon Hanna
Josh Kinvig
Khas Tokar
Tymon Duinker

Women's Basketball

Rookie of the Year
The "Heart" Award
The "Hustle" Award
Unsung Hero Award
MVP

Chelsey Thorne
Deanna Konno & Lorelle Kerik
Erin Slemp
Jaelle Duinker & Leah MacNeil
Melissa Buhler

Cross Country Running

Roland Esposito Award – All Around Team "Guy"
Penny Thompson Most Outstanding XC Runner
Award for Most Outstanding Combination of Academics,
Athletics and Dedication to Training
Most Outstanding Track & Field Award
Gurevitch & Headon Cross Country Running Award

Justine Lalonde
Lori Leduc

Sara Scott
Rigel Carias & Wynand Nel
Erin Connell

Curling

Most Improved Male
Most Improved Female
Heart and Soul Award
Men's MVP
Women's MVP

Corey Paquin
Stephanie Yanishewski
Jesse Sopko
Braden Donaldson
Cary-Anne Sallows

Men's Soccer

Rookie of the Year
Most Improved
MVP
Coach's Choice Award
Most Dedicated Player
Team Player

Thierry Mboneko
Daniel Murray
Adam Giebelhaus
Kyle German
Robert Hood
Roberto Lopez

Women's Soccer

Rookie of the Year
MVP
Most Dedicated
Coach's Choice Award
Most Improved
Team Player

Nicola Weber
Amanda Walmsley
Sydney Spencer
Amber Regnier
Paige Moritz
LaDawn Latawiec

Men's Volleyball

Rookie of the Year	David Zeyha
Coach's Choice Award	Devon McLeod
MVP	John Scheideman
Team Morale Award	Rodney Hafner

Women's Volleyball

Rookie of the Year	Katie Dogterom
Most Improved	Jenice Warkentin
MVP	Jaryn Ruether

Arthur Dunn Memorial Volleyball Award Alex Bell-Moratto

Louis Lamoureux Memorial Scholarship Ray Lalonde

Wolves Athletics Community Appreciation Award Ernie's Sports Experts

Academic Excellence Award – Team Sport Diane Gour (WVB), Damien Ramm (MSC)
Ashley Piggot (WSC) & Amber Regnier (WSC)

Academic Excellence Award – Tournament Sport Guy Spencer (XC) & Jesse Sopko (CL)

Wolves Athletics Academic Team Award Women's Volleyball

5th Year Players Melissa Buhler (WBB) & Erin Slemp (WBB)

Justine & Tannis Award Justine Lalonde & Tannis Stevenson

Female Athlete of the Year Jaryn Ruether (WVB) & Cary-Anne Sallows (CL)

Male Athlete of the Year Khas Tokar (MBB)