

CMSAA FALL MEETING – Agenda

Tuesday, September 13, 2016

Location: Eagle Mountain Middle

Time: 4:00 p.m.

1. Attendance & Introductions

Banting	Jill Vincent (Anderson)	Maillard	Andrea Coupe
Citadel	Ralph Goring	Maple Creek	Ron Lee
Como Lake	Terry Argatow	Minnekhada	Bart Vanstaaduin
Eagle Mountain	Renn Manners, Kelly Murray, Gavin Hanna, Anders Nordby	Monty	Paige Perry
Hillcrest	Stefan Lageston	Moody	
Kway	Ian Robertson	Scott Creek	Jeff Tvergyak, Scott Turner
Pitt River	Susana Alves	Summit	Jody Pop, Jessica Bell

2. Acceptance of AGM minutes (see p. 2-13)

3. Accepted by Andrea; second by Jody

4. **Fall Sports** – decisions for each sport and potential coaches meetings

Field Hockey – Kelly Murray; games Friday; jamboree style league; first game Friday, September 30th; end first Friday of November 4th; mouthguards and shin pads

a. **Swimming** – Scott Turner and Angie Vanstaaduin; meet in daytime; Friday, October 7th; Aquatic Centre; should we look at wording on whether which grade 6's swim on competitive? Look at wording for next year

b. **Cross Country** – Kate Zubick; 3:45 arrival with start afterwards
September 29th first meet at Eagle Mountain and Summit helping out;

c. October 6th at Maple Creek with help from Minnekhada and Kway;

d. October 13th at Mundy Park with Hillcrest with help from Maillard

e. October 20th finals at Mundy Park

f. **Gr. 6 Volleyball** – Bart Vanstaaduin; Friday, October 28th; triple ball

g. **Gr. 7 Volleyball** – Tu Loan Trieu; first game October 4th; Tuesday, November 15th

h. **Gr. 8 Volleyball** - Jessica Bell; first game October 5th; Wednesday, November 16-17th

i. **No meeting set for coaches and coordinators will send out rules**; 5 games before districts

5. **Triple Ball Rules** (See attachment) <https://www.youtube.com/watch?v=YrTCIx9MyzY>

6. **Treasurer's Report & Fees** – Paige Perry

- a. School fees will be the same as last year. \$375 per school plus \$0.75 per student based on school numbers from the 1701's; send cheque to CMSAA care of Monty Middle
 - b. Move the \$1500 wrestling donation we received into a separate "Wrestling" account plus move 10% of each school's fees into that account each year.
7. **Vacant Track and Field Coordinators position.** Rick and Careen will do the position once again ; **Yeah**
8. **Website Coordinator** – Ian Robertson; Gavin Hanna is our new Website Coordinator
9. **Secondary School Teams** (Steve Roos email)
- "The athlete must clarify if they intend to participate in both the middle school and secondary school programs. They must make the commitment to both programs if they intend to participate at both levels and make the middle school program a priority if a conflict arises."
10. Questions and Other Business: none
11. Date for Winter Meeting: _Monty at 4:00 on December 8th

CMSAA ANNUAL GENERAL MEETING MINUTES

Thursday, June 2, 2016

Location: Samz - 2342 Elgin Ave, Port Coquitlam

4:00pm

See end of document for notes on agenda items

- 1. Introduction and Welcome
- 2. Adoption of Spring Meeting minutes: Andrea and Stefan second
- 3. Coaching Recognition: Anders will send out list of the Coaches who were recognized with 5, 10 and 15 years;
- 4. CMSAA Builder Award – surprise recipient it's me!!!! (Ron Lee)
- 5. Reports from Spring Sports Coordinators
 - a. Badminton – Terry Argotow;
 - b. Rugby – Andrew Graham & Ian Robertson
 - c. Track & Field – Rick Dhaliwal & Careen White;
 - Speakers Scott Creek: should we have mixed gender team;
 - Ian R. from Kway, we should know in advance; legally and ethically reasons; document
 - Terry from Como Lake; occurred in badminton
 - Jody from Summit; could we watch at track meets that we keep the time down as some mini meets last longer than others
 - Ron from Maple Creek: glad to see so many Special Track students involved

6. President's Report – Anders Nordby; thanks to all coaches, especially all of the coordinators, and Secondary Schools at Charles Best, Port Moody, Pinetree, and Terry Fox for hosting events
7. Treasurer's Report – Paige Perry; increase student school fee from .50 cents to .75 cents as we kept the base fee;
 - Could we look at running our own concession at the district track meet or does the city organize it themselves
 - what do we do with extra money from wrestling (\$1500 from a donation)?
 - Andrea would like meets to continue to SFU
 - Ian advocates having districts in Coquitlam as opposed to having it at SFU
 - adopt the minutes
 - vote 10% of total fees from each school go into separate account for wrestling the following year will be re-assess
 - For- 20 people Opposed 10 people; 1 abstain

8. Committee Reports

a. Minimum Number Rule and vote

35 minute discussion

- Andrea from Maillard mixed bag
- Jessica from Summit difficult with 40 players;
- Brad from Scott Creek always encourage girls; how do we find a happy medium where competition is good and players play equally
- Anders do we split teams instead of zone but competition?
- Rob from Pitt River
- Jill from Banting encourage kids but huge disparity with school skill level
- Bart from Minnekhada bring back minimum number
- Terry from Como Lake similar skill level playing wherever possible
- Brad from Scott Creek what can we do to make sure things are equitable and things in regular season?
- Anders: hard and a rock place? Minimum number benefit big school and no minimum number benefit small school
- Andrew from Maple Creek we hold the value that we aspire to; perhaps we have an opening season tournament so that we can access where teams are at?
- Ian from Kway let our values guide our discussion/decision
- Ron at Maple Creek play fair and compete
- Dave at Scott Creek minimum is irrelevant; it is how our coaches behave
- Scott at Scott Creek have play days ahead of time; keep levels similar

Vote: no minimum or minimum number

22 no minimum including proxy;

11 minimum number including proxy

1 abstaining

There will be no minimum number rule in middle school sports. AD's and coaches must use our common values and middle school philosophy to guide their decisions.

Look at playdates at coaches meeting before season has started

b. Table Talk Discussion Item: Pros and cons if Volleyball and Basketball Season switched:

Pros:

Kids who play club may play more

Volleyball is indoors and fits with winter

Volleyball is a lower key fit for winter

Playoffs are offset with high school; may get more refs

Cons:

Volleyball nicer way to ease into season

Might lose the few refs we have kids who do play club miss out

Tradition

PE units in class may be disturbed

The school sports work in conjunction with the club team so one season finishes (school) and students are able to jump into club season

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9. Association Positions

a. Sport Coordinators - volunteers 2016-17

- i. Cross-Country – Kate Zubick
- ii. Field Hockey – Kelly Murray
- iii. Swimming- Scott Turner/Angie Vanstaalduinen
- iv. Volleyball – grade 6 – Bart Vanstaalduinen
- v. Volleyball – grade 7 – Tu Loan Trieu
- vi. Volleyball – grade 8 – Jessica Bell
- vii. Basketball – grade 6 – Ron Lee
- viii. Basketball – grade 7 – Stefan Lageston
- ix. Basketball – grade 8 – Alex Abello and Anders Nordby
- x. Basketball – refereeing – Brad Christensen (playoffs only) but will help schools if they are willing to pay the refs he finds for them. Individual AD's should contact Brad about this.
- xi. Wrestling – Paige Perry with help from all coaches
- xii. Badminton – Terry Argotow
- xiii. Rugby – Ian Robertson and Andrew Graham
- xiv. Track & Field - ?????

b. Support Positions - volunteers 2016-2017

- Members-at-large - Andrea and Bart remain
- Website Coordinator – Ian/

10. Adjournment: at 5:50 pm; motion to adjourn Scott, second by everyone

Notes for 2016 CMSAA AGM

In preparation for the CMSAA AGM, the executive set the agenda, and considered a possible resolution.

For resolutions sent out before hand, motions made on the floor of the AGM, and elections of officers (every second year), each member school shall have a maximum of four votes. Schools may send proxy-votes for resolutions set by prior to the AGM.

Note 1: After two trial years of having a no minimum number rule, many discussions have occurred as to whether or not no minimum numbers should be an official rule or if a minimum number rule should return for specific sports. Historically, there has been a minimum number of 12 players for volleyball playoffs and 15 players for basketball playoffs. Based upon these conversations, the following motion has been prepared:

Whereas there are member schools that continue to decline in population, and;

Whereas there has been regular feedback from association members regarding minimum number rules making it difficult to assemble teams;

*Let it be resolved that there will officially be **no minimum number** rule moving forward.*

With this resolution, the executive would also like to draw attention to the committee's notes:

- this will hopefully make it more straightforward to have grade level teams as it will make it less necessary to use students from lower grades to achieve a strict minimum number.
- a student athlete still cannot be exempted from a team based on ability.
- coaches and athletic directors should communicate with the sport coordinator about team numbers early, so that the coordination of combining schools in the case of low numbers, or the coordination of a school having multiple teams in the case of high numbers, can most easily happen.
- coaches should attend coaches' meetings to help communication and decision making.
- Athletic Directors are responsible for making sure each coach at his or her school is clear on the participatory philosophy of the CMSAA.

If the above resolution does not pass, a **sport specific** minimum number rule will be decided on at the coaches meeting prior to the beginning of that sport's season.

Note 2: Volunteers are encouraged to come forward for sport coordinator positions. These positions may be shared.

2016 CMSAA President's Report

It was business as usual for the 2015-16 CMSAA school year. This year marked year one for myself - Anders Nordby as President, Ron Lee: Vice-President, Paige Perry: Treasurer, Mary Lowther: Secretary Treasurer, Alex Abello: Secretary, Ian Robertson: Website Coordinator, Andrea

O'Neill and Bart V.: Members at Large, and Steve Roos: Admin Rep. I would like to express my most sincere thanks to all of them for their support and expertise at their position's. This executive functioned as a true team and at the heart of every decision they kept what is best for our athletes and members in mind.

In the Fall season, we offered Swimming, Field Hockey, X-Country, and Volleyball. Thanks to Scott Turner, Trevor Cheng, Angie Van S., Kelly Murray, Jeff Tvergyak, Kate Zubick, Bart V., Tu Loan Trieu, Evan Cupit, and Paige Perry for volunteering to coordinate these sports.

In the Winter Season, we offered Basketball and Wrestling. Thanks to Ron Lee, Alex Abello, and Jill Vincent for coordinating Basketball. This year Wrestling did not have one single coordinator but instead had a committee of coordinators with every school's coach taking on a role and responsibility to help make the wrestling season run smoothly. Special mention should be given to Paige Perry for leading this committee and Cori Hampton for connecting with SFU Wrestling so that three wrestling meets including the district championships could be held at SFU.

In the Spring season, we offered Track and Field, Rugby, and Badminton. Thanks to Careen White, Rick Dhaliwal, Ian Robertson, Andrew Graham, and Terry Argotow for volunteering to coordinate these sports as well as Rob Foot and the staff at Scott Creek for hosting every single CMSAA rugby game. The only exception was the exhibition games played at Eagle Mountain where a team from Vancouver Island took part in a Girls 7's tournament versus girls from schools in our association. Rugby players and coaches were also given an opportunity from Rugby Canada to purchase discounted tickets to watch the Canada vs Japan rugby game coming up on June 11 at BC Place Stadium. Thanks to Ross Davidson for this opportunity.

One final thanks must go out to Dave Jones at Charles Best and Darren Straumford at Port Moody Secondary. Both of these schools, with the leadership of these two gentlemen hosted numerous middle school events. It is my hope that next year we can reach out to other secondary schools for this support in order to not only alleviate the challenges associated with hosting middle school events but also give other secondary school students the opportunity to give back to their district. It should be noted that Heritage Woods and Pinetree also hosted a volleyball and basketball event but as already mentioned, Charles Best and Port Moody hosted multiple events.

In closing, I want to thank all of you, the members who are here today as well as those who are not in attendance. You continue to donate your time and skills to coach and sponsor because you know the positive impact sport has on a middle school student and your school community. As I look ahead to next year, I hope to see all your familiar faces as well as many new ones at the pool, on the trails, in the gymnasiums, on the mats and fields, and at the track with smiles on your faces and the middle school sporting spirit in your hearts. Until next year, I am Anders Nordby, “Keep on Keepin’ on.”

Track and Field Summary

We had a great season.

We want to thank the host schools for Pitt River, Maple Creek, Como Lake and Monty for their hard work – the mini meets all went smoothly and finished on time. Some reflections for next year with regards to mini meets:

- Do we still include Triple Jump at all meets as it is not widely attended?
- Look at events at each school and possibly move some around as first meet and second meet ended at different times by about an hour
- Long Jump and High Jump – 2 attempts only
- Host schools field all questions in regards to rules and events at the mini meets
- Should other schools host but at the schools which have the track facilities – ie Kway host at Maple Creek

The District Track meet ran smoothly – we finished 30 minutes early this year. The addition of an official timer was well received and really supported the results at the finish line. The timer alleviated many headaches around who finished first and times matching up. People really liked that we had sandwiches for lunch and not pizza. Some suggestions for the District Meet

- Field events have only 3 participants from each school

- Long Jump and High Jump – 2 attempts only
- For running events, alternate boys before girls each year
- 800m waterfall start helped the meet finish sooner
- Schools need to ensure that they have only the allowed number of participants
- Schools need to ensure that they have the correct sticker size for student participants
- Schools send in the names of coaches/volunteers running the field event. It is really important that each school have their coach and all volunteers they would like to run their event
- Schools have their one parent volunteer name for the morning coaches meeting – these volunteers are still useful for marshaling and helping out at the finish line and field events
- If a school has a girl running up for a boy relay team – please advise the committee in advance
- Schools need to ensure to let students know that placement is based on time – not each individual heat
- Long Jump and High Jump – 2 attempts only
- High Jump board (Thank you Alex Abello)
- Publishing the results would be a huge undertaking and will not be done
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Badminton Report 2016

2016 was definitely a season of highs and lows.

The season was capped off by a well-attended pair of district finals for both the Grade 7's and Grade 8's. At the grade 7 level, 26 pairs for both the boys and girls came to Charles Best and at the 8 level, we had a full field of 32 teams for the boys and 29 teams for the girls. In all areas, this is up from last year. Eleven of fourteen schools joined the playoffs.

Reported numbers at many schools were high. Badminton appears to be enjoyed and participation seems high. Two schools reported sign-ups of 100 + students.

2016 was a year of many new coaches. This is a great thing but of course, meant many questions and some confusion.

League play was down to 5 schools. Many schools opted to run a club style operation. One school had grade 6's playing badminton but not 7's or 8's. Start up of badminton this year seemed difficult after the Spring Break.

And finally, many schools reported difficulty in finding parent drivers to go to events. This might be an indication of why schools chose to run the club rather than take part in league play.

Ron's impact:

Ron Lee has coached for as long as I can remember. 15 years ago, he began coaching at Maple Creek. In the Fall, he coached Football five days a week, 2 hrs a day. In the Winter, Basketball - often two teams simultaneously – and Wrestling, sometimes 5 days a week. In Spring, he helped coach Rugby and multiple events in Track and Field.

His reach goes beyond his school. He recently Co-coordinated Wrestling for the CMSAA, is currently Assistant President in CMSAA, and has always been involved in the CMSAA.

Ron's influence on sport in kids' lives doesn't stop with our district.

He has been a stalwart contributor to New Westminster sport, coaching soccer and lacrosse in the community, and coaching football at St. Thomas Moore. As a former power lifter, he's helped coach Disabled Athletes for

Canada - they trained with Ron and competed globally in power lifting competitions. His influence on sport in this regard has been literally international.

Ron is a Math/Science teacher turned Athletic Director. Taking over from Stephan Lageston as Maple creek's AD, Ron maintained Stephan's remarkable commitment to kids and sport, and added to Maple Creek's athletics culture.

He grew the sports programs at Maple Creek collaboratively, coaching while supporting his fellow coaches, seeing school sports programs balloon up to as many as 100 kids in a given sport.

He helped Maple Creek win championships, but in true Middle School fashion. That is, he cheered kids on to become their best, and not just on the floor or mat. He supported them to become the most honourable, decent people they can become, coaching them to always respect their opponents, to see losing as an opportunity for learning, and to appreciate team mates, opponents and referees alike. He supports every student to become their best, regardless of skill level. He truly is on the kids' sides, and they know it and love him for it.

Ron never puts his own ego in front of a kids' chance to play. In other words, the championship is never the biggest goal. Young people's health, athleticism and long term positive association with sport has always been and is still his goal.

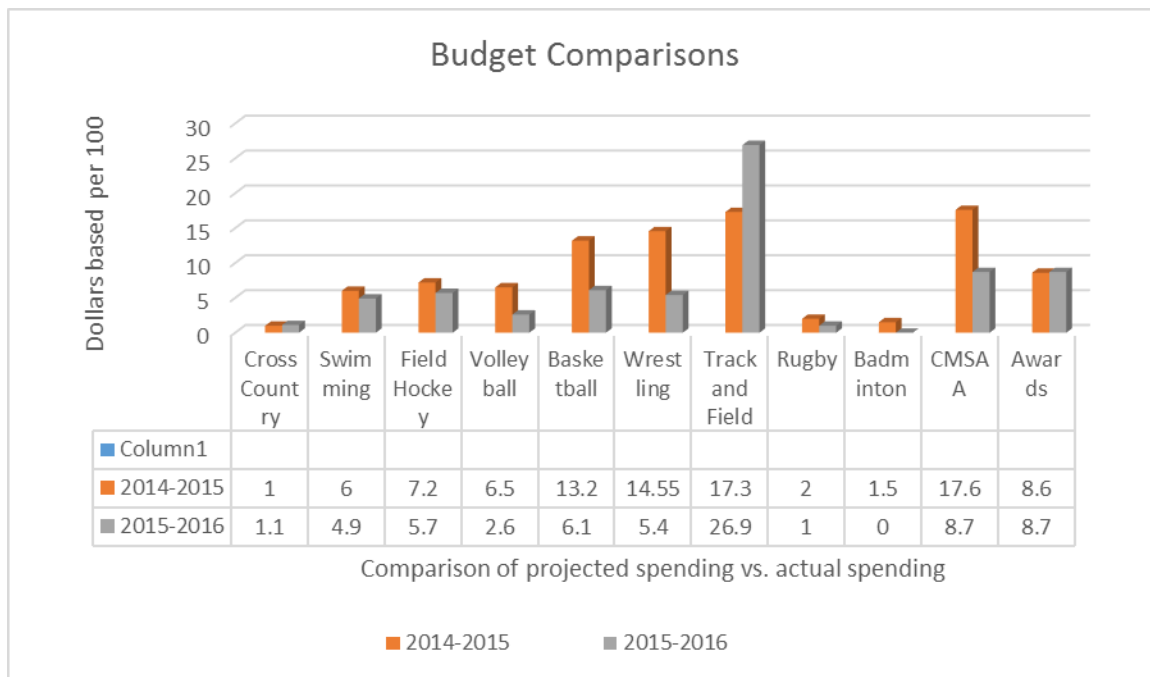
As friend and fellow coach, Ron has influenced me profoundly. His cheerful, 'can-do' attitude, his inclusive nature, his ability to instill in kids an excitement for sport is inspiring, and constantly informs both my coaching and teaching. His faith in kids to achieve is visible every single day that he teaches and coaches. In this regard, the lessons he has taught me as mentor have impacted me daily. He has taught me to never give up on a student, to always believe they can achieve more.

Ron Lee is a unique pillar of Coquitlam's athletic culture. He is known at his school, in his district, and beyond, for his commitment, integrity and kindness – by colleagues, parents and most importantly by students. He is a spectacular candidate and excellent choice for this Builder's award.

Treasurer's Report-Paige Perry

CMSAA Fees based on the 1701s

School	Base Fee	School Fee (\$0.75 per student)	Total School Fee
Banting	\$375	\$377.25	\$752.25
Citadel	\$375	\$294.00	\$669.00
Como Lake	\$375	\$245.00	\$620.00
Eagle Mountain	\$375	\$427.50	\$802.50
Hillcrest	\$375	\$430.50	\$805.50
Kwayhquitlum	\$375	\$534.75	\$909.75
Maillard	\$375	\$290.25	\$665.25
Maple Creek	\$375	\$434.25	\$809.25
Minnekhada	\$375	\$337.50	\$712.50
Montgomery	\$375	\$243.75	\$618.75
Moody	\$375	\$217.50	\$592.50
Pitt River	\$375	\$322.50	\$697.50
Scott Creek	\$375	\$465.00	\$840.00
Summit	\$375	\$529.50	\$904.50
Total Collected	\$5250.00	\$5149.25	\$10399.25



Projected Spending (\$) set in 2014-2015 with a comparison to actual spent money

Sport	Projected from previous budget	Actual money spent 2015-2016
Swimming	\$600.00	\$491.61
Field Hockey	\$725.00	\$573.91
Cross Country	\$100.00	\$115.84
Volleyball	\$650.00	\$262.85
Basketball	\$1328.70	\$615.45
Wrestling	\$1450.00	\$543.63
Badminton	\$150.00	\$0
Rugby	\$200.00	\$97.76
Track and Field	\$1730.60	\$2743.21 *plus TOC coverage
Awards	\$867.73	\$888.73
CMSAA (administrative)	\$1763.07	\$1440.95* plus food for AGM Includes \$100.00 for M.Lowther
Total	\$9565.10	\$7773.94 which does not include the money for TOC coverage.
Total Estimated total expenses (2015-2016)	\$9565.10	\$8973.94 (\$1200 TOC costs added)

*Completed June 2nd.

Revenue (2016) \$10399.50

Expenses (2016) \$8973.94

Balance (2016)	\$1425.56
Carry forward	\$10635.63

Account balance \$12061.19

The 2015-2016 athletics year was back on track with a regular start in September. At our first meeting, a motion was put to the table where the athletic fee structure would change. It was passed that each school would pay a base fee of \$375.00 as well as \$.75 per full time enrolling student. The base fee stayed the same at \$5250.00. With the increase from \$0.50 per student to \$0.75 per student, the school fees increased from \$3379.50 to \$5149.25. This \$1769.75 is an increase of 52.3% for the school fees.

In total, our revenue was \$10399.50. Our expenses were approximately \$8973.94. There is a balance of \$1425.56 to be added to the account. Due to the strike and altered athletics schedule from the past two years, there has been a carry forward of \$10635.63. This leaves the association with a balance of \$12061.19. Each sport has the totals of what was spent throughout the season in the above table. If you would like a more detailed report of the spending, please refer to the table with the highlighted expenses (see coloured spreadsheet).

The projected expenses from last year's budget were close in most sports. Note:

- Basketball was projected higher with the thought that paid referees would be the biggest cost. With the use of high school referees, the association saved a lot of money.
- For wrestling, it was agreed at the coaches meeting to charge each wrestler \$5.00 to put forth to Burnaby Mountain Wrestling Club (\$1000.00). We were able to save the cost of moving the mats to different school as three meets were held at SFU including the District Tournament.
- Track and Field continues to be the highest funded sport. This year, the committee used a timing clock that cost \$650.00 to rent which was not anticipated. The rental of Towne Center Stadium is \$1339.73.

While we have a healthy budget, part of that is a donation for wrestling mats that seems to be just sitting idle. I would like to ask to have a discussion around how to manage this money. Perhaps a secondary account can be established to purchase wrestling mats. We could transfer 10% of our yearly budget to build this account for the mats. Or, the money can be donated for next year's wrestlers. Instead of charging a \$5 fee, we could donate part of this money if we continue to attend SFU.

If the formula for the school fees and base fees stay the same, then the CMSAA should have enough revenue for next year's proposed budget.

Projected Budget for 2016-2017

Sport	Actual money spent 2015-2016	Projected Expenses
Swimming	\$491.61	\$500
Field Hockey	\$573.91	\$600
Cross Country	\$115.84	\$125
Volleyball	\$262.85	\$500
Basketball	\$615.45	\$650
Wrestling	\$543.63	\$750
Badminton	\$0	\$0
Rugby	\$97.76	\$100
Track and Field	\$2743.21 *plus TOC coverage	\$4000
Awards	\$888.73	\$1000
CMSAA (administrative)	\$1440.95 Includes \$100.00 gift card for M. Lowther	\$1500
Total-Estimated total expenses (2015-2016)	\$8973.94	\$9725.00

	<div>Revenue</div> <div>\$10399.50</div>	<div>Projected Expenses</div> <div>\$9725.00</div>
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