



## BCWBS ATHLETES WIN GOLD IN ATHENS

The Canadian men's wheelchair basketball team completed a dominating performance after defeating Australia 70-53 in the championship final to win the gold medal on the final day of competition at the 2004 Paralympic Games in Athens, Greece. BC's Richard Peter and Jaimie Borisoff were key players in Canada's successful performance – adding to their gold medal collection by successfully defending their 2000 Paralympic gold medal win. After a disheartening loss to the USA in their semi-

final, the Canadian women's wheelchair basketball team showed why they have 3 Paralympic titles and 3 world championships, defeating Germany 63-47 to win the Bronze medal at the 2004 Paralympic Games. BC was well represented on this squad with athletes Shira Golden, Arley McNeney, Jennifer Krempien, Marni Abbott and coaching staff Tim Frick, Trish Nicholson, Carrie Linegar and therapist Paige Larson. Congratulations to everyone!



BC's Richard Peter and Jaimie Borisoff with their Gold Medals.

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



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Canadian Mail Publications  
Agreement #40562516



## New BCWBS Website Unveiled

Stay connected and up to date on news and events in the BC Wheelchair Basketball Community. BCWBS is pleased to re-introduce our newly designed website at [www.bcwbs.ca](http://www.bcwbs.ca). This website was created to cater to our membership and their programming needs as demonstrated through the athlete, coach, official and volunteer subsections. Features of the site include membership and newsletter sign-up, league schedules and results, program registration for most BCWBS events, and a comprehensive review of all BCWBS programs and services. We hope you enjoy the site – it was made especially for you!

## BCWBS HOSTS JUNIOR SKILLS DEVELOPMENT CAMPS

BCWBS is pleased to introduce a series of skill development and talent identification camps for juniors in the 2004-05 season. The first camp took place September 26th in Prince George as the PG Titans hosted twenty-six junior players in an action packed and fun filled camp with guest coach Joe Higgins. A second camp was held October 30/31 at Douglas College lead by Canada Games head coach Marni Abbott with 20 juniors from around BC. The future for BC juniors looks bright as Coach Abbott commented on the dedication, hard work and positive attitude of this great group of junior athletes. Special thanks to our guest coaches Terry Isabelle, Pat Harris, Joe Higgins, Michelle Stilwell, Arley McNeney, Richard Peter, Ken Hall for sharing their coaching skills and enthusiasm with these junior athletes.

- Douglas College October Camp Awards:**
- Most improved – Erik Vliegthart
  - Top all-around camper – Matthew Ficocelli
  - Guttin it out – Dawn Bibaud
  - Best attitude – Ryan Isabelle & Avril Harris
  - Sharp shooter – Nick Konishi
  - Speediest – Sunera Samarakoon
  - Spin-out – Ashley Buttress
  - Best effort – Adam Bishop
  - Most independent – Iain Warren

Keep your eyes posted for information on the next junior camp in early 2005 in Vancouver. BCWBS would like to recognize the Professional Employees Association, Canadian Wheelchair Basketball Association and the Province of BC for their support of these great camps!



# 5TH ANNUAL JUNIOR WHEELCHAIR BASKETBALL CHALLENGE

The 5th Annual BC Junior Wheelchair Basketball Challenge took place on November 27 & 28, 2004 at McRoberts School in Richmond. A record ten teams took part in this year's tournament, featuring 75 athletes from as far away as Prince George, Quesnel, Vancouver Island, Kelowna, Seattle and players from Lower Mainland communities. The weekend featured some incredible basketball, shooting competitions, and tons of awards. There were many great games over the two days in the 8 1/2 ft and 10 ft divisions of play. At the conclusion of the tournament the Seattle Wheelchair Sonics team ranked first overall in the 8 1/2 ft and 10 ft division. Thank you everyone for participating and we hope you had a great time!

This event would not have been possible with the generous support of Coast Capital Savings, CWBA and the Hamber Foundation. Special thanks must also go out to the McRoberts Leadership Class for an outstanding job in hosting the event; the Save on Foods Community Events vehicle for providing a great concession on site for the weekend; and the Holiday Inn Express, Panago Pizza, and Basketball BC for the awesome prizes.



## 8 1/2 FT DIVISION AWARD RECIPIENTS

**Defensive Player** Dylan Mikolajczyk, BC Giants  
**#1 Hustle Award** Balraj Zimich, BC Cagers  
**Sharp Shooter** Michael Lucarelli, Seattle Sonics  
**Spirit of Fairplay** Ben Dooley, BC Giants  
**Speedy Gonzales** Zach Abbott, Seattle Sonics  
**Best Passer** Jen Willox, BC Tigers  
**Chair Skills** Merrick Imbeau, BC Tigers  
**6 ft Shooting Competition** Eddie Solla, BC Giants; and Balraj Zimich, BC Cagers  
**8 ft Shooting Competition** Megan Isabelle, BC Cagers

## 10 FT DIVISION AWARD RECIPIENTS

**Defensive Player** Mark Saunders, BC Ice  
**Sharp Shooter** Jerry Mitchell, Seattle Sonics  
**#1 Hustle Award** Tristen Turner, Canucks  
**Spirit of Fairplay** Ashley Buttress, BC Ice  
**Speedy Gonzales** Sunera Samarkoon, BC Breakers  
**Chair Skills** Daniel Roberts, Seattle Sonics  
**Play Maker** Nick Konishi, BC Breakers  
**Shooting Competition** Nick Konishi, BC Breakers



BC Cagers in a time out with Coach Kenny Hall



10 ft Division Award Winners

# 2004-05 BC-CWBL UNDERWAY

Blisters, hot spots, sore muscles – the BC-CWBL must be underway. Participating teams this season are as follows:

**Division 1:** Douglas College Lions, Douglas College Royals, and Douglas College Dingos.

**Division 2:** Prince George Titans, Oceanside Tsunami, Victoria Capitals, New West Dynamo, Okanagan Thunder, Kamloops Bull-dawgs.

We are happy to announce that the 2005 BC-CWBL Finals will be hosted by the Okanagan Thunder team in Kelowna. Please see the calendar of events for other upcoming tournaments. Please note that CWBL Division 1 teams can track league scores and standings from across Canada at [www.cwba.ca](http://www.cwba.ca).



credit: Bogetti-Smith Photography

## BC-CWBL NOVEMBER 13/14 SCORES:

### Division 1

Douglas College Lions 58  
Douglas College Royals 59

Douglas College Dingos 67  
Douglas College Royals 50

Douglas College Dingos 56  
Douglas College Lions 50

Douglas College Lions 72  
Douglas College Royals 56

Douglas College Dingos 64  
Douglas College Royals 55

Douglas College Dingos 76  
Douglas College Lions 56

### Division 2

Prince George 39 – Dynamo 28

Okanagan 52 – Victoria 18

Dynamo 41 – Victoria 24

Oceanside 16 – Okanagan 41

Prince George 58 – Oceanside 46

Prince George 55 – Okanagan 51

Dynamo 51 – Oceanside 32

Prince George 29 – Victoria 30

Oceanside 29 – Victoria 36

Okanagan 45 – Dynamo 14

# Wheelchair Basketball Programs Around BC

CITY	LOCATION	DAY/TIME	CONTACT	COMMENTS*
Kamloops	Dallas Elementary	Wed 7:30-9:30pm	Tyler Tingle 250-374-8864	Adult Program
Kelowna	Parkinson Rec Centre	Sun 10:00am-12:00pm	Tracey Ficocelli 250-764-4179	Recreational – Junior and Adult
	Quigley Elem. School	Wed 7:45-9:45pm	Tracey Ficocelli 250-764-4179	Okanagan Thunder Competitive Team
Maple Ridge	Maple Ridge Leisure Ctr	Tue 8:15-10:00pm	Leisure Ctr. 604-467-7322	drop-in fee wheelchair multi-sport
New Westminster	New West Secondary	Fri 7:00-9:00pm	Gaby Gasztonyi - Dynamos 604-290-7450	Adult Program drop-in fee
	Douglas College	Mon 2:00-4:00pm	Tim Frick 604-777-6029	Adult Drop-in starting in January
	Douglas College	Mon 6:00-8:00pm	BCWBS 604-737-3138	High Performance Training Group
	Douglas College	Wed 8:00-10:00pm 6:00-8:00pm in Jan	BCWBS 604-737-3138	High Performance Training Group
North Vancouver	Carisbrooke Elementary	Mon 7:00-8:30pm	BCWBS 604-737-3138	Jr. Program
Parksville	Oceanside Middle School	Mon 7:00-9:00pm	Bert Abbott 250-752-2183	Mixed program time (over 14 years of age)
Prince George	Kinsmen Complex	Mon & Wed 5:30-7:00pm	Pat Harris 250-563-6942	Jr. Program
	Kinsmen Complex	Mon & Wed 7:00-9:00pm	Pat Harris 250-563-6942	Adult Program
Quesnel	Bouchie Lake Elem	Thur 3:30 to 5:00pm	Sharon Daniels 250-249-5119	Mixed Jr & Adult program time
Richmond	Steveston Comm. Ctr.	Thur 6:30-8:00pm	BCWBS 604-737-3138 Steveston 604-718-8080	Mixed Jr & Adult program time
Surrey	Surrey Family YMCA	Fri 5:00 - 6:30pm	BCWBS 604-737-3138	Jr Program
	Guilford Rec Centre	Tues 5:45 – 7:15pm	Rec Centre 604-502-6360	\$3.00 drop-in fee
Victoria	Central Baptist Church	Mon 5:30-7:00pm	Paul Landry 250-474-1277	Jr. Program
	Stelley's High School	Thur 7:00-9:00pm	John Malek 250-363-1307	Adult Program

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

## CALENDAR OF EVENTS

### DECEMBER 2004

- 4 HSBC Basketball Classic  
War Memorial Gym, UBC

### JANUARY 2005

- 15 BC-CWBL Division 1  
Basketball Centre, Richmond

### FEBRUARY 2005

- 5 BC-CWBL Division 1  
Basketball Centre, Richmond
- 14-20 Osaka Cup (Men National Team)  
Osaka, Japan
- 26/27 BC Breakers Women's  
Tournament, Douglas College,  
New Westminster

### MARCH 2005

- 12/13 BC-CWBL Finals  
Kelowna, BC

### APRIL 2005

- 2/3 Calgary Rollers Women's  
Tournament, Calgary, AB
- 8/9 Junior & Mini CWBL Finals  
Kitchener, ON
- 15-17 CWBL Finals  
Winnipeg, MB
- 30 - Provincial Team  
May 1 Training Camp  
Douglas College, New West

### MAY 2005

- 20-22 National Championships  
and Women's CWBL Finals  
Edmonton, AB
- 23-27 National Team Selection Camp  
Edmonton, AB

### JULY 2005

- 13-17 BC Disability Games  
Nanaimo, BC

### AUGUST 2005

- 8 - 13 Junior World Wheelchair  
Basketball Championships  
Birmingham, ENGLAND

## WHEELCHAIR BASKETBALL CONTINUES AT PACIFICSPORT NORTHERN CENTRE



PacificSport Regional Sport Centre - Northern BC confirmed that it is contributing a total of \$58,800 towards eight regional coaching positions in 2004-05. The sport of wheelchair basketball has been awarded funding, which is then

matched by BCWBS, with the condition that the money be put towards coaching salaries. BCWBS is pleased to have Pat Harris continue as our regional coach for wheelchair basketball. BCWBS has seen great success through this program and the efforts of Coach Harris.

"The goal of this program is to increase the number of paid coaching positions throughout the province. The funding through PacificSport helps make this possible for sports who may not have had the resources to do it on their own, and helps others expand their existing sport development resources," explained Geoff Paynton, President of the PacificSport Regional Sport Centre - Northern BC.

The PacificSport Regional Sport Centre - Northern BC is part of a province-wide network of sport centres, with the mission of creating a dynamic environment for sport performance at all levels by integrating world-class Athlete Services, Coaching Excellence and long-term Sport Development initiatives.

## NEW DVD ON WHEELCHAIR BASKETBALL



The University of Illinois is proud to announce the release of the first ever DVD series on wheelchair basketball. This instructional DVD series provides over three hours of instruction on three DVDs and features Canadian Men's National Team Head Coach, Mike Frogley.

The first DVD focuses on individual skills (pushing, stopping, shooting, etc.), the second DVD focuses on small group skills (picking, sealing, passing, etc.), and the third DVD focuses on team skills (half court offensive and defensive reads, transition, etc.). Each DVD closes with the University of Illinois' athletes demonstrating drills practicing what was taught earlier in the DVD. The concise teaching and special effects in this DVD series clearly explain the fundamental skills of wheelchair basketball that every player, coach, educator, and administrator must have.

To order your personal University of Illinois Wheelchair Basketball Series of three, visit [www.ottogartenfilms.com](http://www.ottogartenfilms.com). Cost: \$75 US plus shipping & handling

# BCWBS ALUMNI

You built the sport - We would like you to stay involved and build the future!

Wheelchair basketball has a rich history in BC and we would like to provide an opportunity for past players, volunteers, coaches, and administrators to share in the present and future of our sport. We would like to know if anyone is interested in forming an alumni component to BC Wheelchair Basketball. This could enable past players to socialize with friends from the past, or be involved in helping grow the existing sport of wheelchair basketball. Some of the areas you may wish to be involved in could be fundraising, recruitment, volunteering for events, or just coming out to watch the great game. Another idea is to hold an annual or semi-annual alumni dinner. Some of us have had the joy of going out for dinner and sharing laughs and stories of the old days and maybe this is something that more alumni would be interested in.

People like Stan Stronge gave a great deal to the development of wheelchair sports and wheelchair basketball. Being an alumnus might provide one of us the opportunity to link the past, present and future. If you would like to be part of an alumni group or have ideas about how people can continue to be involved, please let us know. Maybe, just maybe, an old-timers game is just around the corner!

Please contact John Lundie or Joe Higgins at [alumni@bcwbs.ca](mailto:alumni@bcwbs.ca) for more information.

## Special thanks to the following BCWBS supporters:



### Coast Capital Savings

for your continued support of the Surrey Junior Wheelchair Basketball Program with the purchase of a sports wheelchair.



### The Hamber Foundation

for your support of the 2004 Junior Wheelchair Basketball Challenge

### Professional Employees Association

for your support of the BCWBS Junior Camp Series



### Shell Canada Community Service Fund

BCWBS received \$1,000 to provide updated equipment such as first aid kits, pumps, rule books and more to wheelchair basketball clubs around the province of BC.

**THE Province**  
PRESENTS

## PacificSport Tips

*PacificSport – BC's Sport Centre Network*

### Marni Abbott

**National Wheelchair Basketball Player**

- 2002 World Championships, Japan, Gold Medal
- 2000 Paralympic Games, Australia, Gold Medal
- 2000 BC Wheelchair Sports Association, Female Athlete of the Millennium
- Flag bearer of the Opening Ceremonies at the 1996 Paralympic Games in Atlanta






Vancouver's Marni Abbott on:

**Strength Training:** "My motto is PMA – Positive Mental Attitude in anything I do from strength training to stretching. I try to train opposing muscles from my wheeling muscles to avoid shoulder injuries and avoid an imbalance."

**On Eating:** I eat a high protein, well balanced diet. I eat three meals a day plus plenty of fruit and vegetable snacks throughout the day. I also take multi-vitamins and vitamin C daily.

**On Sleeping:** I do a lot of my mental training before I go to sleep. Visualization and imagery is very important. Sometimes I visualize comfort things not necessarily competition images. For example, I'll visualize taking part in the Opening Ceremonies or eating a meal with my teammates in the Athletes Village.

**On Hydration:** "It's very important for me as an athlete to drink a couple of litres of water a day to keep myself hydrated. The harder I work out, the more water I drink as it helps me to recover faster. I make sure I drink water before, during and after my workouts."

**Pacific SPORT**  
www.pacificsport.com

**Follow BC's world class athletes as they compete in Athens at [www.pacificsport.com](http://www.pacificsport.com)**

**don't forget to visit our new website at [www.bcwbs.ca](http://www.bcwbs.ca)**

## FIBA RULE CHANGES FOR 2004

The following rule changes will take effect immediately for the 2004-05 season:

### **SUBSTITUTIONS FOLLOWING A VIOLATION**

Following a violation, either team may substitute. Substitution opportunity ends when the ball is at the disposal of the player making the throw-in. NOTE: No change in rule if during final 2 minutes of play after a valid basket.

### **TWO UNSPORTSMANLIKE FOULS COMMITTED BY A PLAYER**

A second unsportsmanlike foul committed by a player shall be considered a disqualifying foul

### **TECHNICAL FOUL / TECHNICAL FOUL PENALTY**

The penalty for a technical foul shall be two (2) free throws followed by possession of the ball at the center line extended opposite scorer's table. Exception: technical foul committed during interval of play that precedes the first period. Interval of play ends when ball is legally tapped on the jump ball that begins the first period.

### **8-SECOND RULE**

If an 8-second count is interrupted because a defensive player causes the ball to go out-of-bounds, the throwing-in team shall have only the time remaining in the 8-second period to cause the ball to move to front court. If the defensive team commits a violation other than causing the ball to go out-of-bounds (i.e. punching or kicking the ball), the throwing-in team shall be awarded a new 8-second period.

### **NUMBER OF PLAYERS**

In all games, twelve (12) players shall be entitled to play.

### **CHOICE OF BASKET AND BENCH**

The home team shall sit at the bench which is to the left of the scorer's table (looking at playing court from table). During the first half, the home team shall defend the basket that is to the left (and shoot at the basket that is to the right) of the scorer's table. NOTE: If both coaches agree, the baskets and/or benches may be interchanged.

### **JUMP BALL AND ALTERNATING POSSESSION**

Only the first period will start with a jump ball. Each succeeding period and held ball situation will begin with "Alternating Possession". No team entitled to the next alternating possession shall lose the right to that possession because of a technical foul.

### **HELD BALL (JUMP BALL SITUATION)**

When a team that was in control of the ball is awarded an alternating possession throw-in, that team shall have only whatever time is remaining on the 24-second clock.

If a held ball occurs near a sideline or end line and, in attempting to gain secure control of the ball but before the whistle blows, a player either goes out-of-bounds or goes into that player's back court, a held ball shall be called (rather than a violation).

### **SPECIAL SITUATIONS / 24-SECOND OPERATOR: DUTIES**

When the cancelling of equal penalties results in the awarding of a throw-in to the team that previously had control of the ball, there shall be no reset of the 24-second clock.

When a team that was in control of the ball is awarded an alternating possession throw-in, that team shall have only whatever time is remaining on the 24-second clock.

### **3-SECOND RULE**

The 3-second rule shall apply only when the ball is in the control of a team in that team's front court.

### **PLAYERS: INJURY**

An injured player (or a bleeding player) who recovers during a charged time-out (for either team) in the same stopped clock period may continue to play.

## CWBA ANNOUNCES 2005- 2009 STRATEGIC PLAN

At the Canadian Wheelchair Basketball Association (CWBA) Annual General Meeting in November, CWBA unveiled its strategic plan for 2005-2009. BCWBS members can receive copies of this plan by contacting BCWBS or view the plan on the CWBA website at [www.cwba.ca](http://www.cwba.ca).

## COACHES CORNER

### **Marni Abbott Named Canada Games Head Coach**

BCWBS is pleased to announce that Marni Abbott has been named Team BC's Wheelchair Basketball Head Coach for the 2007 Canada Winter Games in Whitehorse, Yukon Territories. Marni brings with her experience as Head Coach from the 1995, 1999, & 2003 Canada Games. At the most recent games in 2003 Marni lead our BC Team to an outstanding silver medal in New Brunswick. Congratulations Marni!

### **BC Winter Games Coach, Managers, and Zone Reps Needed**



BCWBS is gearing up for the 2006 BC Winter Games in Greater Trail February 23-26.

Individuals interested in being a zone coach or manager should contact

BCWBS by February 1, 2005. All coaches for the 2006 BC Winter Games must have full NCCP Level 2 certification. Please contact BCWBS for a job description and application form for these positions. Zone reps are also needed to assist in organizing local zone try-outs and registration for each BC Winter Games zone team – please contact BCWBS by February 15th, 2005 if you are interested in this position.