

Port Alberni 2004 BC Winter Games
February 26 - 29

Rules Book
And Media Guide

Revised February 10, 2004

Published by:

BC Games Society

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I am pleased to join with the BC Games Society and the residents of Port Alberni in welcoming all the athletes, coaches, officials, organizers, and volunteers as they prepare for the 2004 British Columbia Winter Games.

Sports enthusiasts throughout the province are looking forward to the fast-paced action and high-spirited competition of the Winter Games next February. Thanks to the generous support of the volunteers and staff who have contributed their time and effort to organizing all aspects of the event, I am certain that the 2004 BC Winter Games will be an enormous success for the athletes, teams, and the community of Port Alberni.

On behalf of the Province of British Columbia, please accept my best wishes for an enjoyable event.

Sincerely,

A handwritten signature in black ink that reads "Gordon Campbell". The signature is written in a cursive, flowing style.

Gordon Campbell
Premier

Table of Contents

- I. Goals of the BC Summer and BC Winter Games..... 3**
 - 1. Purpose..... 3
 - 2. Objectives 3

- II. BC Games Zone Structure..... 3**
 - 1. Zone Descriptions 3
 - 2. BC Games Zone Map 5

- III. Organization 6**
 - 1. Host Community Organization Chart..... 6
 - 2. BC Games Society..... 7
 - 3. President and CEO 7
 - 4. BC Games Society Event Management Staff 7
 - 5. President of the Port Alberni 2004 BC Winter Games Society..... 8
 - 6. Directors of the Port Alberni 2004 BC Winter Games Society..... 8
 - 7. BC Winter Games Operations Manager..... 8
 - 8. Provincial Sport Organization Advisors 8
 - 9. Sport Chairs 9
 - 10. Zone Sport Representatives 9

- IV. Location and Dates 10**
 - 1. Location 10
 - 2. Dates..... 10

- V. Rules for Competition..... 10**
 - 1. Sport Eligibility..... 10
 - 2. Eligibility of Competitors..... 13
 - 3. Degrees of Financial Support..... 13
 - 4. Athlete Registration Fee..... 14
 - 5. Transportation 14
 - 6. Accommodation 14
 - 7. Meals 15
 - 8. Coaches and Managers 15
 - 9. Chaperones 15
 - 10. Officials and Delegates 16
 - 11. Entry Deadlines..... 16
 - 12. Substitution 17
 - 13. “Replacement” Teams (Team Sports)..... 17
 - 14. Wildcard System (Individual Sports) 18
 - 15. Protests..... 18

- VI. Awards 19**
 - 1. Commemorative Items 19
 - 2. Medals 19
 - 3. Zone Medal Standings 20

- VII. Equipment..... 20**
 - 1. Sports Equipment..... 20
 - 2. Uniforms..... 20
 - 3. Zone Colours..... 20

4. Medical Equipment.....	21
VIII. Official Ceremonies.....	21
1. Opening Ceremony.....	21
2. Closing Ceremony.....	21
IX. Security Control	21
X. Insurance	21
XI. Interpretation and Amendments	22
XII. BC Games Harassment Policy	22
XIII. Sponsorship Policy for Markings on Team Uniforms and Team Sport Bags	22
XIV. Sport Rules, Contacts and Previews	23
Port Alberni 2004 BC Winter Games Preview	23
Badminton	24
Basketball - Wheelchair.....	29
Biathlon	33
Bowling.....	37
Curling - Boys.....	42
Curling - Girls	45
Fencing	49
Figure Skating	53
Gymnastics	58
Hockey - Female	63
Hockey - Male	68
Judo	72
Karate.....	78
Netball	82
Ringette.....	86
Skiing – Alpine	90
Skiing – Cross Country.....	94
Skiing – Freestyle.....	98
Speed Skating.....	103
Squash	107
Swimming – Swim BC.....	111
Table Tennis	119
Weightlifting - Olympic.....	124
XV. BC Games News Service	128
1. News for All of BC	128
2. The BC Games: Who, What, Where, Why, and When.....	128
3. Services to BC Journalists	130
4. Major Dates.....	131

I. Goals of the BC Summer and BC Winter Games

The BC Summer and BC Winter Games are projects of the Province of British Columbia.

1. Purpose

“To provide an opportunity for the development of athletes (generally under 18), coaches and officials in preparation for higher levels of competition in a multi-sport event which promotes interest and participation in sport, individual achievement and community development.”

2. Objectives

- To provide a multi-sport experience for athletes preparing for higher level Games.
- To promote athlete development programs in all regions of the province.
- Through a multi-sport games experience encourage and motivate athletes, coaches and officials to attain a higher level of skill and competitive achievement.
- To organize competitive sport events which play an integral role in the BC athlete development system.
- To provide each hosting community with a legacy of experienced volunteers and facility improvements.
- To share the spirit of the Games with British Columbians of all regions of the province.
- To celebrate the community.
- To motivate British Columbians to achieve a higher level of fitness and physical well being through participation in amateur sports and physical activity.

II. BC Games Zone Structure

1. Zone Descriptions

In order to ensure that all BC Games will include participants from every part of the Province, as well as to motivate each Provincial Sport Organization to spread their efforts and interest throughout the Province, the Province has been divided into eight Zones. The boundaries of the BC Games Zones are described below:

Zone 1 – Kootenays (Zone Colour – Yellow)

Regional Districts of Central Kootenay, East Kootenay, Kootenay Boundary and Electoral Area A of Columbia-Shuswap Regional District, and including major

centres: Castlegar, Cranbrook, Creston, Fernie, Golden, Grand Forks, Kimberley, Nelson, Radium, Rossland, Trail.

Zone 2 – Thompson-Okanagan (Zone Colour – Red)

Regional Districts of Central Okanagan, Columbia-Shuswap (excluding Electoral Area A), North Okanagan, Okanagan-Similkameen, Thompson-Nicola, Electoral Areas A & B of the Squamish-Lillooet Regional District, and including major centres: Armstrong, Ashcroft, Enderby, Kamloops, Kelowna, Lillooet, Merritt, Peachland, Penticton, Revelstoke, Salmon Arm, Summerland, Vernon, Westbank.

Zone 3 – Fraser Valley (Zone Colour – Light Blue)

Regional Districts of Central Fraser Valley, Dewdney Alouette, Fraser-Cheam, and including major centres Abbotsford, Chilliwack, Coquitlam, Hope, Langley, Maple Ridge, Mission, Pitt Meadows, Port Coquitlam, Port Moody, Surrey, White Rock.

Zone 4 – Fraser River-Delta (Zone Colour – Orange)

The City of Burnaby, the District of Delta, the City of New Westminster, the City of Richmond.

Zone 5 – Vancouver-Squamish (Zone Colour – Dark Green)

The Regional Districts of Squamish-Lillooet (excluding Electoral Areas A and B), Sunshine Coast, Electoral Areas A, B, and C of the Greater Vancouver Regional District, the Village of Lions Bay, the Corporations of the Districts of North and West Vancouver, the City of North Vancouver and the City of Vancouver.

Zone 6 – Vancouver Island-Central Coast (Zone Colour – Light Green)

The Regional Districts of Alberni-Clayoquot, Capital, Central Coast, Comox-Strathcona, Cowichan Valley, Mount Waddington, Nanaimo, Powell River, and including major centres Campbell River, Comox, Courtenay, Cumberland, Duncan, Esquimalt, Ladysmith, Nanaimo, North Cowichan, Oak Bay, Ocean Falls, Port Alberni, Port Hardy, Powell River, Saanich, Sayward, Sidney, Victoria.

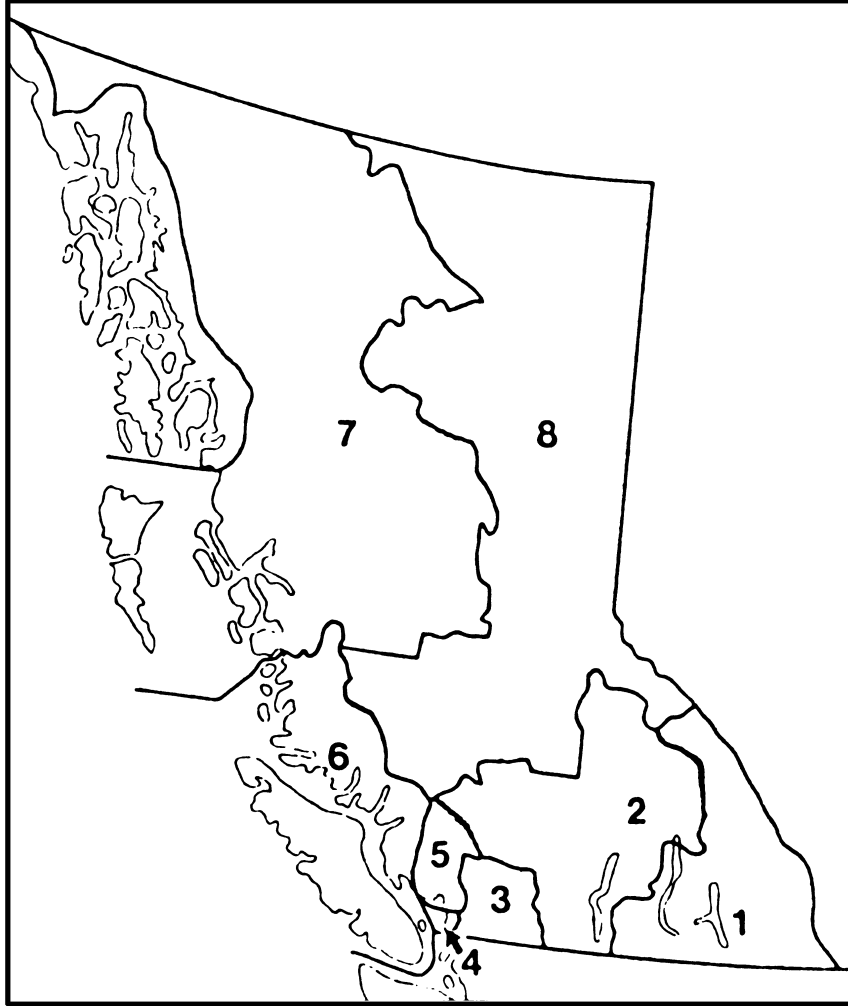
Zone 7 – North West (Zone Colour – Purple)

The Regional Districts of Bulkley-Nechako, Kitimat-Stikine Region, and including major centres Burns Lake, Fort St. James, Houston, Kitimat, Masset, Port Clements, Prince Rupert, Smithers, Stewart, Terrace, Vanderhoof.

Zone 8 – Cariboo-North East (Zone Colour – Dark Blue)

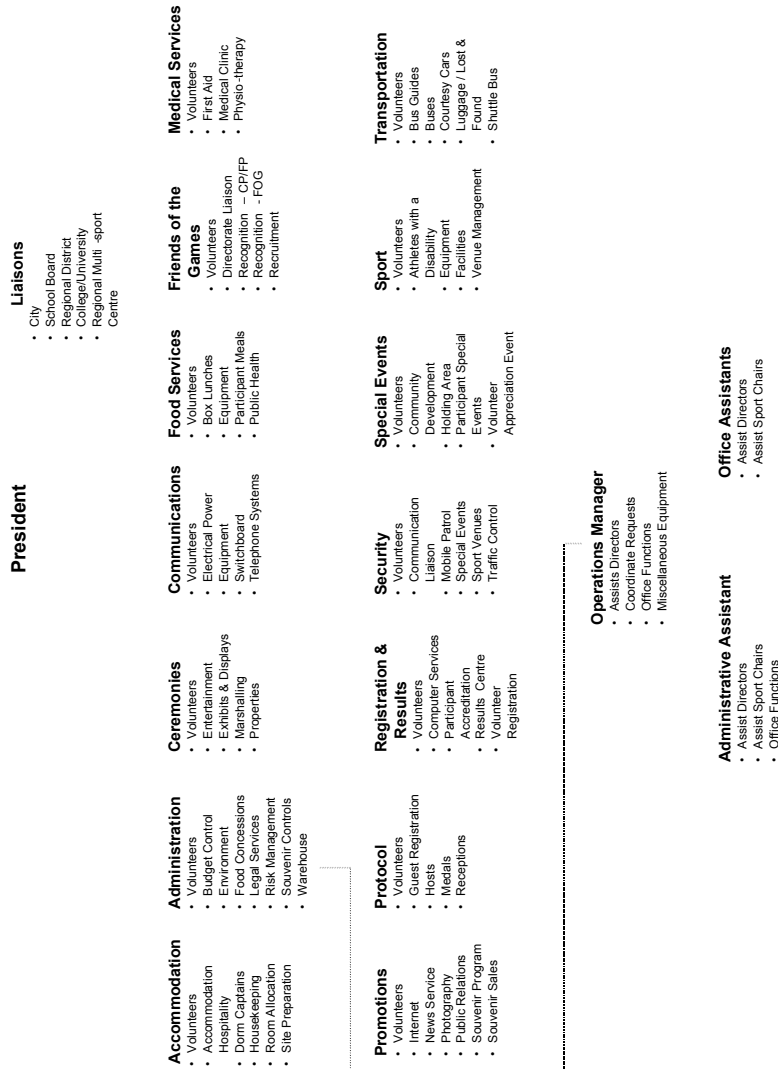
The Regional Districts of Cariboo, Fraser-Fort George, Peace River-Liaird, and including major centres Chetwynd, Dawson Creek, Fort Nelson, Fort St. John, Hudson Hope, Prince George, Quesnel, Tumbler Ridge, Williams Lake.

2. BC Games Zone Map



III. Organization

1. Host Community Organization Chart



2. BC Games Society

The Board of Directors of the BC Games Society:

- (a) Is committed to gender equity in the administration, policies, programs and activities of the society.
- (b) Reviews, on an annual basis, overall BC Summer and BC Winter Games budgets; policies and rules; financial and operating reports.
- (c) Reviews and approves all BC Summer and BC Winter Games contracts, including global corporate partner contracts, financial agreements between the Provincial Government and host communities and television negotiations.
- (d) Determines the Core and Optional sport criteria that is used to qualify sports for each BC Summer and BC Winter Games.
- (e) Reviews the host community bid application procedure and designs criteria for site selection.
- (f) Assists incoming bid applications and prepares a short list based on the established criteria. In cooperation with the President and CEO, recommends to the Minister a final site selection.

3. President and CEO

Kelly Mann, President and CEO of the BC Games Society, has the overall responsibility for the staging of BC Summer and BC Winter Games. He works with the Host Community, the Provincial Government and private industry in all aspects of administrative and financial operations of the BC Games.

If in view of the President and CEO, decisions are being made that are not consistent with the overall standards of the BC Games, he will have the right to veto any such decisions and invoke whatever policy is necessary.

4. BC Games Society Event Management Staff

Event Management Consultant – BC Winter Games

Joe Stephenson works with BC Winter Games volunteers in: Accommodation, Administration, Food Services, Security, Special Events, Sport, and Transportation. He will also coordinate transportation to and from the Games for all participants requesting Games transportation. He also works with the Host Community for the BC Disability Games.

Event Management Consultant – BC Winter Games

Byron Postle works with BC Winter Games volunteers in: Ceremonies, Communications, Friends of the Games, Medical Services, Promotions, Protocol, and Registration and Results. He also works with the Host Community for the BC Seniors Games.

Event Management Consultant – BC Summer Games

Irene Schell works with BC Summer Games volunteers in: Administration, Communication, Friends of the Games, Medical Services, Protocol, Registration and Results, and Sport. She is also the staff liaison with the Northern BC Winter Games Society.

Event Management Consultant – BC Summer Games

Chris Trenholme works with BC Summer Games volunteers in: Accommodation, Ceremonies, Food Services, Promotions, Security, Special Events, and Transportation. He is also the staff liaison with the BC Seniors Games Society.

5. President of the Port Alberni 2004 BC Winter Games Society

Dewayne Parfitt has been elected President of the Board of Directors of the Port Alberni 2004 BC Winter Games Society. The President's responsibilities include being in constant communication with the Games Operations Manager, the Directors of the Host Community Games Society, and the BC Games Society President and CEO. He is aware of all stages of planning being coordinated by the Directors and the Games staff.

6. Directors of the Port Alberni 2004 BC Winter Games Society

The 14 volunteer Directors will each be responsible for administering their particular area as outlined in the Organizational Chart. They will work in consultation with Games staff and the local Operations Manager, assisted by their sport and administrative committees and numerous volunteers.

7. BC Winter Games Operations Manager

The Operations Manager, Ted Charlesworth, is hired on a full-time basis by the Port Alberni 2004 BC Winter Games Society. Duties include being responsible for the local Games Office and staff, communication of all information necessary for the Directors and their Chairs to host the sport events, and related services and social functions. The Operations Manager is responsible to the Board of Directors as well as to the President and CEO of the BC Games Society.

Note: BC Games staff, including Host Community Games Society staff, may not register to participate in the BC Winter Games.

8. Provincial Sport Organization Advisors

Each Provincial Sport Organization has appointed an individual who has the authority to make binding decisions on behalf of the organization. It is the responsibility of the Provincial Advisor to:

- (a) Confirm the age group, events, etc. for their sport in consultation with the BC Games Event Management Consultants.

- (b) Appoint and communicate regularly with an individual from Port Alberni to act as the local Sport Chair (see Section III-9). The Provincial Advisor will consult with, and assist, the Sport Chair regarding the technical organization and administration of the competition for his or her sport.
- (c) Appoint and communicate regularly with the Zone Sport Representatives in the BC Games Zones to ensure that all zone qualifications are adequately publicized and that all individuals eligible to compete in a zone are made aware of the qualification date and location.
- (d) Name and contact the predetermined number of officials or delegates who will attend the BC Winter Games.
- (e) Appoint three individuals who will be present at the BC Winter Games to act as their Sport Jury. This Sport Jury will make decisions on any protests that might arise (see Section V-14(b)).
- (f) Comply with the deadline dates outlined in the Critical Time Chart (sent under separate cover) including preparing and filing a Final Report with the BC Games Society office.
- (g) Provincial Advisors may not register to compete in the BC Winter Games.
- (h) Liaise during the Games with volunteers at their Sport's accommodation site to assist in monitoring, and if necessary disciplining individuals who disregard accommodation rules.

9. Sport Chairs

Each Provincial Organization and/or Provincial Advisor has appointed at least one person from Port Alberni who will act as the official channel for all decisions regarding the staging of that sport in Port Alberni. It is the responsibility of the Sport Chair to:

- (a) Organize and be in charge of all aspects of the sport competitions in consultation with the Operations Manager, Director of Sport and BC Games Event Management Consultant.
- (b) Ensure that sufficient local officials, scorekeepers, etc. are available in Port Alberni during the Games.
- (c) Consult and communicate on a regular basis with the Provincial Sport Organization and/or the Provincial Advisor.
- (d) Comply with the deadline dates and attend several meetings as outlined in the Critical Time Chart (sent under separate cover), as well as prepare and file a Final Report with the BC Games Society office.
- (e) Sport Chairs may not register to compete in the BC Winter Games.

10. Zone Sport Representatives

The Zone Sport Representative is appointed by the Provincial Advisor and has agreed to act as the contact person in their zone for their sport. Their responsibilities include:

- (a) Organizing and publicizing the qualification to determine the individuals or teams who will represent their zone at the BC Winter Games. To ensure

that all individuals eligible to compete in the zone are made aware of the qualification date and location.

- (b) Consulting and communicating with the Provincial Advisor on any questions concerning eligibility of athletes or any other aspects of the zone qualification.
- (c) Completing and returning the Registration Forms listing the athletes who will represent their zone at the BC Winter Games to the BC Games Society office before 4:00 p.m. on Monday, January 26, 2004. The registration procedures are outlined in Section V-11(b).
- (d) Complying with the deadline dates outlined in the Critical Time Chart (sent under separate cover).

IV. Location and Dates

1. Location

The 2004 BC Winter Games will take place in Port Alberni.

2. Dates

The 2004 BC Winter Games will take place on February 26, 27, 28 & 29, 2004.

The Opening Ceremony will take place on the evening of Thursday, February 26, following a banquet for all athletes, coaches, managers, officials, and Sport Chairs.

Competitions will begin on the morning of Friday, February 27 and will be completed by 12:00 noon on Sunday, February 29. Each sport will compete for two and one-half days.

A Closing Ceremony will take place during the afternoon of Sunday, February 29.

V. Rules for Competition

1. Sport Eligibility

The information contained here is a summary of the required criteria for inclusion in the BC Summer and BC Winter Games as either a Core or Optional Sport. Contact the BC Games Society at (250) 387-1375 for complete information or an application for inclusion in the BC Games.

Groups eligible to apply for Core/Optional Sport Status in the BC Summer or BC Winter Games:

- are registered non-profit societies in good standing under the Society Act.
- demonstrate that the organization and its members are covered by insurance.

And are:

- Recognized Provincial Sport Organizations – Organizations that receive Block Contribution and/or Athlete Assistance and/or Team BC funding from

the Ministry Responsible for Sport (*Applying Provincial Sport Organizations must meet the Core/Optional Sport criteria*).

OR

Organizations that are not a recognized Provincial Sport Organization (as defined above) but have full-medal status in one of the following:

- Canada Games
- Olympic or Paralympic Games
- Pan American Games
- Commonwealth Games

All groups applying for Core or Optional Sport Status must meet the criteria described in Sections 1 and 2 below:

Section 1 General Criteria:

Sports included in the BC Summer or BC Winter Games must have significant (at least 50%) athlete representation at the BC Games, compared to their maximum allocation per zone, from at least 6 of the 8 BC Games zones (e.g. if a sport is allocated 6 athletes from each zone, they must have brought at least 3 athletes from 6 of the 8 zones).

Sports may only be represented in one BC Games

A sport may only be represented in one BC Games (either Summer or Winter).

Exemptions for sports for athletes with a disability

The applying organization will have met all Core or Optional Sport criteria with the following exemptions:

- Numbers of zones: the sport must bring participants from 4 of the 8 BC Games zones
- Representation: the sport must bring 50% of the total number of athletes allocated for the sport
- Priority is given to events/sports for athletes with a disability where no other Games opportunity in BC exists for this level of athlete.

Section 2 – Specific Core/Optional Sport Criteria:

Core Sports: Meet all Athlete, Coaching and Officials Development criteria.

Optional Sports: Meet Athlete Development criteria and either Coaching or Officials Development criteria.

Athlete Development Criteria

- Athletes attending the BC Games are under 18 (exemptions considered where it is demonstrated that the older age group meets the criteria)
- Athletes attending the BC Games are preparing for higher levels of competition (e.g. National Championships, Canada Games and beyond)

- The age range for BC Games athletes is set to allow all athletes eligible to progress from the BC Games to the next level of competition (ideally, the best young athletes in the sport, those who progress to that next level of competition and beyond, have been to a BC Games)
- Because the BC Summer and BC Winter Games occur bi-annually, athlete age ranges are set so that all athletes have the opportunity to have one BC Games experience before they move to the next highest level of competition, e.g. 2-3 year span.
- To best meet these criteria, athletes attend BC Games before they go anywhere else in their high performance career. It is the intention that the BC Games are the first multi-sport games experience and the first step for all BC athletes before they begin their high performance careers (before they make a Canada Games team or provincial team, and before they go beyond that to compete at the international level). It is the goal of the BC Games Society that all BC athletes who eventually go on to national and international levels first compete at a BC Games.

Coaching Development Criteria

- By the 2004 BC Games, all BC Games coaches must be fully certified at NCCP Level 1 (or equivalent in NCCP Program) in the sport they are coaching at the BC Games and must also have completed Level 2 Theory (or equivalent in NCCP Program)
- Sports must demonstrate their commitment to coaching development throughout the province, the role the BC Games plays in coaching development for the sport and that the BC Games are used as an opportunity to train, upgrade and/or mentor coaches
- Coaches that participate in the BC Games are working toward coaching athletes at higher levels of competition
- Sports that have both male and female athletes participating in the BC Games should have male and female representation in their coaching contingent that is proportionate to the number of male and female athletes participating in the Games

Officials Development Criteria

- Sports must demonstrate their commitment to officials development throughout the province, the role the BC Games plays in officials development for the sport and that the BC Games are used as an opportunity to train, upgrade and mentor officials
- Officials that participate in the BC Games are working toward officiating at higher levels of competition
- Sports that have both male and female athletes participating in the BC Games should have male and female representation in their officiating contingent that is proportionate to the number of male and female athletes participating in the Games.

BC Games Core Sports for the 2004 BC Winter Games are:

Badminton, Basketball-Wheelchair, Biathlon, Bowling, Curling, Fencing, Figure Skating, Gymnastics, Hockey, Judo, Karate, Netball, Ringette, Skiing-Alpine, Skiing-Cross Country, Skiing-Freestyle, Speed Skating, Squash, Swimming-Swim BC, Swimming-Special Olympics, Table Tennis, and Weightlifting.

BC Games Optional Sports for the 2004 BC Winter Games are:

Swimming-Cerebral Palsy

The maximum number of athletes and coach/managers per Zone for each sport has been predetermined as outlined in Section XII.

2. Eligibility of Competitors

- (a) Provincial Sport Organizations choose the age group of athletes to attend the BC Games. Generally, they are under 18, and are athletes who have potential to move beyond local competition to higher level competition.
- (b) Due to the level or age of athletes, some Provincial Sport Organizations have restricted the eligibility of competitors beyond those outlined in Section V-2. Please refer to Section XII for specific information on each sport.
- (c) Athletes or teams competing in the BC Games must be approved by the Provincial Sport Organization concerned.
- (d) The age determining date for all events in a sport shall be February 26, 2004, unless otherwise specified by the Provincial Sport Organization concerned in Section XIV.
- (e) The BC Winter Games shall be open to individuals whose permanent residence has been the Province of BC for at least three months immediately prior to the Games. Athletes who live and attend school outside the Province of BC, but who train in BC, are not eligible to compete in these Games.
- (f) Each athlete, coach and manager shall compete only for the Zone in which they make their permanent residence. Exception: Students attending school on a full-time basis in a Zone other than that of their permanent residence may compete for that Zone with the written permission of the BC Games Event Management Consultant. Any other exception must also have the approval of the Event Management Consultant.
- (g) Each athlete, coach and manager may participate in only one sport at the BC Games.

3. Degrees of Financial Support

All sports competing in the BC Games will receive equal recognition in the areas of:

- Publicity
- Medals
- Commemorative items
- Provision of sport facilities for competition

-Inclusion in the Official Ceremonies and other social events organized by the host community.

In addition to the above, all sports in the BC Games will be provided with transportation, accommodation, and meals for a predetermined number of athletes, coaches, managers and officials.

4. Athlete Registration Fee

An Athlete Registration Fee of \$50.00 for each athlete will be assessed for the Games. The registration fee is waived for coaches, managers, chaperones and officials.

Sixty days prior to the registration deadline, the BC Games Society will invoice each Provincial Sport Organization for their total athlete allotment (i.e. if your sport is allowed a maximum of 100 athletes, you will receive an invoice for 100 x \$50 or \$5000). Registration fees are due from the PSO on the registration deadline day. A refund will be forwarded from the BC Games Society within 30 days of the Games completion to the PSO for athletes who do not attend.

5. Transportation

Chartered bus or air transportation will be arranged from Zone pick up points for arrival in Port Alberni on Thursday, February 26. Charters will depart from Port Alberni in the afternoon and evening of Sunday, February 29. Alcohol consumption and smoking are NOT permitted on BC Games transportation. Bus drivers have the authority to remove any passengers from BC Games transportation who do not comply with these regulations. The time and location of departures will be sent to all participants after January 26, 2004 when all registrations have been received and processed. No cash equivalents will be issued for alternative modes of transportation.

Teams/groups wishing to travel to and from the Games from one location must indicate their city of preference in the space provided. If this option is selected, individual participants are responsible for their transportation to/from the pick up/drop off location. Coaches are responsible to discuss the implications of team travel with the parents of their athletes. **Example:** Teams/groups requesting team travel from Kelowna (where team/group members are coming from Kelowna, Kamloops, Vernon, etc.) means that those people outside the Kelowna area will be responsible for their own transportation to and from Kelowna. All information mailed from the BC Games office will indicate travel arrangements to and from Kelowna.

6. Accommodation

- (a) All participants under 19 years of age residing outside of School District No. 70 are required to stay in Games accommodation. All athletes under 19 years must be properly chaperoned. See section on Chaperones (V-9).
- (b) Athletes 19 years and over and those residing in School District No. 70 have the option of staying in Games accommodation or securing alternate accommodation at their own expense. Athletes who elect to provide their own accommodation will be responsible for: (i) the cost of alternate accommodation, (ii) supplying their own breakfasts and dinners, and (iii)

providing their own transportation while at the Games. The accommodation choice of every athlete must be indicated on the BC Games Registration Form (see Section 11(b) for Registration Deadline). Those choosing Games accommodation are expected to stay in for the duration of the Games and will be removed from competition should they not fulfill this requirement.

- (c) Athletes with a disability and their support personnel have the option of staying in Games accommodation or securing other accommodation at their own expense as outlined in paragraph (b) above. Athletes with a disability and their support personnel, who choose alternate accommodation at their own expense, will still have access to breakfasts and dinners in the Games cafeteria(s) at no cost.
- (d) Coaches and managers who accompany teams or individual athletes under 19 years of age are required to stay with them in Games accommodation in a supervisory capacity. Coaches and managers of teams or individual athletes 19 years of age and over are given an accommodation option as outlined in paragraph (b) above.
- (e) Officials and delegates for each Sport have the option of staying in Games accommodation (for three nights) or securing alternate accommodation at their own expense. If officials choose to stay out of Games accommodation they will be provided with Games meals and transportation.
- (f) Note: Some sports may require all participants to take Games transportation and/or stay in Games accommodation. See Section XIV for sport specific rules.

7. Meals

Breakfasts and dinners will be served for the athletes, coaches, managers and chaperones staying in the Games accommodation. Meal times and locations will be outlined upon arrival at the Games. Meals for officials will be arranged as per Section V-6(e). Lunches will be delivered to the competition site for all athletes, coaches, managers, officials and chaperones.

8. Coaches and Managers

Duties: In addition to the regular coaching and managerial duties, coaches and managers are expected to travel with their athletes on Games transportation and stay with them in a supervisory capacity in Games accommodation.

9. Chaperones

- (a) Chaperones may only be added to the Zone team complement when:
 - (i) the coach and manager (Role Code C or M) are of the opposite gender as the athletes. For example, a male coach and manager are attending the BC Games with a female team; if none of the members of the team are over the age of 19, then a female chaperone must be added.
 - (ii) if a team or Zone is made up of athletes under the age of 19 and the sport rules allow for only one coach, then a chaperone must be

added to accompany those athletes not chaperoned by the coach. For example, if the coach is female, then a male chaperone must be added.

- (b) Chaperones must be a minimum of 19 years of age.
- (c) Duties of the Chaperone: Chaperones must also reside in BC Games provided accommodation with their zone in a supervisory capacity. They are also expected to travel to and from the Games on BC Games provided transportation with their zone athletes.

10. Officials and Delegates

The head official is that individual responsible for the judging of an event and who has the power to render a decision for the duration of the contest. In accordance with the BC Games policy, no officials will be paid a fee by the BC Games for their services. Transportation, accommodation, and meals will be provided for a predetermined number of officials or delegates for each sport. These individuals will be named and contacted by the Provincial Sport Advisor before January 26, 2004.

A delegate is an individual such as a Zone Sport Representative or Provincial Sport Organization President who has been actively involved in the administration and organization of their sport's involvement in the BC Winter Games. The Provincial Advisor must ensure that the officials (referees, umpires, etc.) have been appointed before naming any individual as a delegate.

Officials and delegates attending the BC Winter Games who are under 19 are required to stay in Games accommodation and are required to have an adult stay with them in a supervisory capacity.

11. Entry Deadlines

- (a) Zone Qualifications: Consult the Zone Sport Representatives for local qualification dates. Check early for respective deadlines with the Provincial Sport Organization.
- (b) Registration of Games Qualifiers: The BC Winter Games Registration deadline of Monday, January 26, 2004, must be strictly adhered to. The official registration forms will be mailed in September to the Zone Sport Representatives for each sport (or the Provincial Advisor if no Zone Sport Representatives are listed) and must be used by each sport to list the names, addresses, etc. of all athletes, coaches, managers and substitutes from each zone.

The Zone Sport Representative should ensure the forms are complete and mail the registration forms to the BC Games office immediately after zone qualifiers are determined – do not wait until January 26, 2004, to complete forms if athletes have qualified prior to the deadline.

The BC Games Office will mail back a Guide to the Games containing information regarding transportation, accommodation, check-in and accreditation, ceremonies, etc. directly to each individual registered.

- (c) Registration of Officials: The Provincial Advisor will be sent the Registration Forms to list the predetermined number of officials and delegates for their

sport. The forms should be sent directly to the BC Games office in Victoria so they are received by January 26, 2004.

- (d) Accreditation Centre: The Accreditation Centre location will be determined by the host community and the BC Games Office. Individuals should check in at the Accreditation Centre as soon as they arrive. No one will be allowed to obtain another participant's accreditation information. All participants in the BC Winter Games must personally check in at the Accreditation Centre by 7:00 p.m. on Thursday of Games weekend. No one will be accredited to participate in the BC Winter Games after that time. For further details on the location of the Accreditation Centre and all rules governing registration, please contact the BC Games Event Management Consultant.

12. Substitution

- (a) Competitors: The list of competitors, substitutes and their events must be designated on the registration forms. Substitution for competitors may be made at the time of Accreditation in Port Alberni, only if the substitute has been previously listed as a substitute on the registration form by January 26, 2004. Under no circumstances will an athlete be allowed to substitute at the time of accreditation if their name does not appear as a properly registered substitute on the registration form.
- (b) Coaches, Managers, Officials and Chaperones: Names of coaches, managers, and officials/delegates may be substituted for, but not added to the names previously submitted, upon accreditation in the host community.

13. "Replacement" Teams (Team Sports)

When one or two of the eight zones are missing representation from a team sport (as defined below), it is possible for that sport to register one "replacement team" from the Host Zone to round out the competition. In such circumstances, the following conditions will apply:

- (a) Team sports are defined as those whose entire zone complement is involved in a single team, competing against other zones, and where there are no individual events as a part of the Games tournament.
- (b) The replacement team must be fully eligible as outlined in Section V-2 of the Rules and the sport's specific rules.
- (c) Replacement teams must be comprised of athletes and coaches who competed in the zone qualifications.
- (d) All replacement teams must be approved by the Provincial Advisor and the BC Games Event Management Consultant.
- (e) Replacement teams must be registered on Games registration forms and submitted to the BC Games office within 6 working days of the Registration Entry Deadline (see Section V-11(b)).
- (f) Replacement teams will only be accepted from the host zone.

14. Wildcard System (Individual Sports)

The Wildcard System for individual sports was introduced for the following reasons:

- To allow Provincial Sport Organizations to bring a few extra top athletes who would otherwise not qualify from their zones.
- To maintain the established BC Games gender balance for each sport.
- To maintain the commitment to province-wide sport development on a zone-by-zone basis.

The number of wildcards, for those sports that use them, will be determined as follows:

- Generally the total number of athletes for each individual sport will be divided by 9.
- Each of the eight zones will be allocated the same number of athletes. The remainder will be allocated as wildcards.
- Where the division described above results in a fraction, the Provincial Sport Organization Provincial Advisor and BC Games will determine the number of spots allocated as wildcards. (i.e. $70/9=7.778$. Each zone could be allocated 7 spots leaving 14 wildcard spots **or** each sport could be allocated 8 spots leaving 6 wildcard spots).
- Where a zone does not fill all of its allocated spots, those unfilled spots cannot be converted to wildcard spots.
- Athletes are required to compete for the zone they live in (with exceptions noted in section V(2)).
- The male/female split for wildcard spots will reflect the male/female split in the total allocation of athletes for the sport. (i.e. if the sport has a 70/30 split of females/males in their total allocation of athletes for the Games the wildcards should be allocated 70% to females and 30% to males). See Section XIV for sport specific rules.

15. Protests

- (a) Sport Chair: Team lists are available at sport venues through the Sport Chair. Any protests concerning eligibility of players must be directed in writing to the Sport Chair prior to the commencement of the game or event in question. The Games Jury will have the final decision concerning eligibility protests.

All official protests must be concisely written, prepared in duplicate, and one copy presented to the BC Winter Games Sport Chair immediately after the head official has signed the Official Results Sheet. The second copy of the protest must be forwarded to the Games Results Centre. The time and date must appear on the protest. Protests should only be presented and signed by the coach or manager.

- (b) Sport Jury: Once a protest is deposited, the Jury appointed for the sport shall meet and render a decision. This Sport Jury shall be made up of at least three officials who have been appointed by the Provincial Advisor of the Sport Organization concerned (not to include athletes, coaches or managers).

The decision of the Sport Jury must be made within one hour of the original protest. One copy of the decision of the Sport Jury is to be posted at the competition site and one must be forwarded to the Games Results Centre. The time, date and signature of the Sport Jury must appear on the decision.

Only those individuals designated as officials for their sport are eligible to serve on the Sport Jury. The three individuals appointed to the Sport Jury do not receive transportation, accommodation, and meals in addition to the number of officials allocated to each sport.

- (c) BC Winter Games Jury: The decision of the Sport Jury may be appealed within one hour after the posting of the decision by the Sport Jury. In this case, a written appeal signed by the coach or manager, will be presented to the BC Winter Games Jury. This Jury shall be made up of three of the following: Port Alberni 2004 BC Winter Games Society Director for Sport, the Games Operations Manager, a Port Alberni 2004 BC Winter Games Society Director, the BC Winter Games Event Management Consultant, and one member of the Sport Jury. The decision of the BC Winter Games Jury will be signified by being posted at the competition site of the sport concerned and also at the Games Results Centre. The decision of the Games Jury will be final.

It is not the purpose or intent of the Games Jury to alter decisions made by the official in charge during a game or individual event. The Games Jury becomes involved in protests concerning eligibility of a player or players, changes in schedule, etc.

VI. Awards

1. Commemorative Items

The Port Alberni 2004 BC Winter Games Society will present each participant with a specially designed commemorative item attesting to their participation in the BC Winter Games.

2. Medals

Gold, Silver and Bronze medals specially cast for these BC Winter Games will be awarded to each individual and/or official member of a team having competed and placed in an event at the BC Winter Games as follows (unless otherwise specified in sport-specific rules see Section XIV):

- When there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded.
- When there are three competitors or teams, Silver and Gold medals will be awarded.

- When there are two competitors or teams only a Gold medal will be awarded.

Medals will be presented in the following order:

Bronze Medal	Third Place
Silver Medal	Second Place
Gold Medal	First Place

3. Zone Medal Standings

Zone medal standings will be tabulated and published by the BC Games Society.

VII. Equipment

1. Sports Equipment

All equipment used during the BC Games must meet the specifications of the governing Provincial Sport Organization.

Individuals and/or teams must supply their own practice equipment.

2. Uniforms

Uniforms are the responsibility of each individual or team. All athletes must be properly attired for their sport. Cut-off jeans, etc., will not be acceptable during competition or medal presentations.

Sport Organizations may not have sponsor logos on uniforms, clothing and/or pinnies that conflict with the BC Games Society Corporate Partners. The BC Games Society logo may be used on the item only if sponsor logos are not included and only as specified by the BC Games Society. All uniforms with logos or markings require prior approval of the BC Winter Games Event Management Consultant.

3. Zone Colours

Colors have been established for each Zone for purposes of identification in various matters. These colors are not compulsory for uniforms if the individuals or teams have others they wish to use or if the sport is played in "whites".

It would be appreciated if each Sport would attempt to incorporate their zone color in some manner to help identify their competitors.

Zone Color Designations:

- Zone 1 – Yellow (Kootenays)
- Zone 2 – Red (Thompson-Okanagan)
- Zone 3 – Light Blue (Fraser Valley)
- Zone 4 – Orange (Fraser River-Delta)
- Zone 5 – Dark Green (Vancouver-Squamish)
- Zone 6 – Light Green (Vancouver Island-Central Coast)
- Zone 7 – Purple (North West)
- Zone 8 – Dark Blue (Cariboo-North East)

4. Medical Equipment

Each individual or team is to supply their own basic training and medical supplies such as tape, elastic wraps, cold packs, etc. There will be fully qualified first-aid personnel at each sport location to treat any injuries sustained during competition.

VIII. Official Ceremonies

1. Opening Ceremony

The Official Opening Ceremony will be held in the early evening of Thursday, February 26 for all sports competing in the BC Winter Games. A Welcoming Banquet for all Games participants will precede the Opening Ceremony.

All competitors, coaches, managers, officials and chaperones are expected to attend and must register at the Accreditation Centre before 2:30 p.m., February 26, in order to receive accreditation tags, information regarding their competition, and information on the Opening Ceremony.

Athletes should plan to wear their uniform or competition outfit for the "Parade of Athletes" at the Opening Ceremony.

2. Closing Ceremony

An official Closing Ceremony will be held in the early afternoon of Sunday, February 29.

IX. Security Control

All accommodation, sport and Games sites will be security controlled for the participants' protection for the duration of the BC Winter Games. Exemplary conduct is expected of all participants and any behaviour thought to be contrary to the spirit of the BC Games or any violation of curfew regulations, as outlined in the Guide to the Games, will result in appropriate disciplinary action.

Any damages to a BC Games venue due to the actions of a participant(s) will result in disciplinary action and/or financial restitution by the participant(s) involved and/or their Provincial Sport Organization.

During the Games, any athlete, coach, manager, chaperone or official found to be under the influence of, or in possession of, drugs or alcohol, will be subject to appropriate disciplinary action.

Abuse of any BC Games rules by participants in any sport may result in suspension of that sport from future BC Games.

X. Insurance

As a condition of entry into or volunteering at the BC Winter Games, it must be understood that the participants and volunteers enter entirely at their own risk, and will not hold the BC Games Society, the Port Alberni 2004 BC Winter Games Society, the Province of BC and the BC Games staff, their agents and volunteer

workers responsible for injury, loss or damage occurring during the 2004 BC Winter Games.

The Port Alberni 2004 BC Winter Games Society, the Province of BC and the BC Games Society do not assume responsibility for loss of wages, medical, dental or hospital care for athletes, coaches, managers, chaperones, officials or volunteers as a result of their involvement with the 2004 BC Winter Games.

XI. Interpretation and Amendments

The interpretation of the Rules, principles, responsibilities, and procedures laid down in this BC Winter Games Rules Book and the amendment to the whole or any of its parts, shall be the responsibility and prerogative of the BC Games Society and the President and CEO.

XII. BC Games Harassment Policy

There will be no tolerance of harassment by the BC Games Society.

The BC Games Society is committed to providing a sport, work, and volunteer environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment which promotes equal opportunities and prohibits discriminatory practices.

The BC Games Society has a harassment policy which all participants are expected to abide by. A copy of this can be obtained from the BC Games Society office.

XIII. Sponsorship Policy for Markings on Team Uniforms and Team Sport Bags

Specifications for Team Uniforms:

A maximum of two (2) supporters that do not conflict with the BC Games Corporate Partners, are allowed per uniform. The size of the supplier's name or trademark logo must not exceed 60cm². The combined total of all uniform supporters' names or trademarks must not exceed 120cm² per uniform.

Specifications for Team Sport Bags:

A maximum of two (2) supporters that do not conflict with the BC Games Corporate Partners, are allowed per sport bag. The size of the supplier's name or trademark logo must not exceed 200cm². The combined total of all supporters' names or trademarks must not exceed 400cm² per sport bag.

The BC Games Society is required to approve all sponsorship markings prior to participation at the Games.

All rules are subject to change without notice.

XIV. Sport Rules, Contacts and Previews

Port Alberni 2004 BC Winter Games Preview

BC Winter Games Launches New "Age" of Competition

The Port Alberni 2004 BC Winter Games will mark the dawn of a new "age" in BC Summer and Winter Games competition. This new age is significant in the BC Games because many competitors will be younger than in previous years.

In the Spring of 2002, each participating Provincial Sport Organization applied to the BC Games Society for either Core or Optional sport status. In order to qualify to compete in these provincial Games, each PSO had to demonstrate that they were utilizing these Games to develop not only their best young athletes, but also their best developing coaches and officials. This significant change to follow the leadership given by the BC Games Board of Directors which has decided that these Games should be used as a "stepping stone" for BC's best athletes, coaches, and officials, prior to moving on to national and international levels of competition.

This new program also ensures that the BC Games Society remains committed to sport development in all regions of the province. We're looking for the best developing athletes, coaches, and officials, from all eight regional zones, and not just the best participants from the more populated centres.

Some individual based (as opposed to team based) sports will also be utilizing a Wild Card system for athletes. While still ensuring regional representation, these sports will be able to reserve a few spots for outstanding athletes who otherwise do not qualify from their own zone. This system should ensure that the top developing athletes from around British Columbia have the chance to compete in their own provincial Games.

"The BC Winter Games will continue to provide opportunities for community development while bringing more relevancy to the role of sport development. PSO's have embraced our changes and that commitment will translate into higher level competitions for all sports," said Joan Hess, Co-Chair of the BC Games Society.

The result of all these changes means that the BC Winter Games in Port Alberni will showcase many of the future athletes, coaches, managers, and officials who will one day represent our province or our country in national and international competitions.

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Badminton

Age

Under 15

All competitors must be at least 12 years old and not older than 14 years, as of January 1, 2004. Players who are 12 years old and eligible for two BC Winter Games must be aware that you may compete in only one BC Winter Games. You must therefore decide if you want to compete in 2004 or 2006.

Tentative Venue

Alberni Athletic Hall

Eligibility Restrictions

See section V-2 of the Rules.

Events

Individual Event:

Each of the team members is entitled to participate in one event of their choice.

Round Robin Team Event:

Using the following format a participant may play in only one event per tie but may switch events in other ties.

Boys Singles	Boys Doubles
Girls Singles	Girls Doubles
	Mixed Doubles

Fair Play Award

Presented by Badminton BC and to be given to one male and one female competitor as selected by the umpires and referees.

Most Sportsman-like Team Award

Presented by Badminton BC, an award, to be selected by the referees and umpires, will be given to the most sportsman-like team participating in the BC Winter Games.

Equipment

Feather shuttles will be used.

Zone Team Composition

Zone teams are comprised of 5 female and 5 male competitors. One Head Coach and one Assistant Coach are to be appointed by the Zone

Representative. One must be a male and the other must be a female and it is the Zone's choice as to which is the Head Coach and Assistant Coach.

Coaching

BC Games Society requires that each zone must have one Head Coach who is fully certified NCCP Level 1 plus Level 2 Theory (prefer Level 2 Technical). The Assistant Coach must have Level 1 Technical (prefer full Level 1).

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11 (a) of the Rules and following Sections on Zone Information.) The Badminton BC Guidelines state that all playoffs must be completed by December 31, 2003.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. (Check procedure in Section V-11 (b) of the Rules.) Copies of the entry forms are to be sent to Badminton BC.

Provincial Sport Organization Fees & Affiliation

All participants at Zone Playoffs must be affiliated members of Badminton BC. A minimal entry fee may be charged at the Zone Playoffs.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 10 officials. (Check Section V-11(c) of the Rules.)

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Badminton Preview: Selection for U-16 Development Camps

The BC Games are the selection event for the Badminton BC development camp program. From the Games, one girl and one boy from each zone, plus a number of wild card positions, will be selected to development camps, leading to provincial team selection. Also new for 2004 is a younger age group. Now athletes attend the Games before most provincial team contenders start to play nationally at 15-18.

To select teams, each zone holds a round robin play-off. At the Games, athletes are exposed for the first time to individual and team format play, used in national and international events. Coaches are trained in this format for the Games.

Athletes to Watch

Strong contenders include: Chris Lee (**Vancouver**), Andy Cheong (**Coquitlam**), Phoebe Chan (**Vancouver**), Sophina Verjee (**North Vancouver**).

Others to watch include: Anna Durrant (**Kelowna**), Keith Martin (**Kelowna**), Alice Ward (**Westbank**), Alison Keraiff (**Crawford Bay**), Nicolas Dilworth (**Sidney**), Michael Clark, (**Nanaimo**), Katrina Bartlett (**Nanaimo**), Cassie Larsen (**Port Alberni**), Kirsten Oberg (**Port Alberni**).

Background

Athletes selected to development camps receive training with top provincial coaches. From these camps, financial assistance is offered to selected athletes to attend Team BC camps and projects. Team BC goals include 2007 Canada Winter Games (under 23) and junior and senior national championships.

How to Watch: During the individual event, players specialize in one event. During the team event, the coach can alter their line-up to best use team strength against the opposing zone, with the goal of winning three or more matches in a series of five. Each player may only play one event during the "tie", (the matches between two zones).

Since every match is umpired, the BC Games are the only BC event to provide intensive experience for training officials. Local volunteers are trained to become regional umpires. The sport chair and assistant chair are offered a tournament organizer course or regional certification. Working at the Games provides the experience needed to complete the certification.

Top Players and BC Games Alumnae

BC is one of the top three provinces in Canada. Olympians from BC include **Brent Olynk**, (**Vancouver**) 2000, + 1990 BC Winter Games alumnae. **Claire Backhouse** (**Vancouver and Victoria**) (1988), **Anil Kaul**, (**Prince George, Vancouver**) 1992 Olympics, BC Games alumnae.

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Basketball - Wheelchair



Age

Under 22

Athletes must be 15 - 21 years of age as of February 26, 2004 to be eligible to participate.

Tentative Venue

AW Neil Jr. Secondary

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules.) Athletes must meet sport classifications and restrictions in accordance with the Sport Governing Body.

Classification

A modified classification system will be used at these Games. If necessary, consult Provincial Advisor.

Equipment

Hoop height is 10 ft. for the BC Winter Games; a size 7 ball is used.

Zone Team Composition

8 athletes per zone plus one coach and one manager (one of each gender) per team. Both male and female athletes are eligible. Draw to be designated by the Provincial Advisor.

Coaching

BC Games Society requires all coaches will be fully certified NCCP Level 1, and Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following sections on zone information.) The Provincial Sport Organization states that all zone try-outs are held by November 1, 2003 and zone selections are made by December 31, 2003.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 p.m., Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Competitors must be current members in good standing, of the BC Wheelchair Sports Association and BC Wheelchair Basketball Society.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 12 officials. (Check Section V-10(c) of the Rules.)

Contacts

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Wheelchair Basketball Preview

The BC Games in Athlete Development

The BC Winter Games are a stepping-stone from local junior programming and tournaments to the Canada Winter Games program. The BC Games provides top juniors in BC with an increased focus on competition, higher level coaching, and a more formal championship tournament.

The group of junior athletes that will participate in the 2004 BC Winter Games represent the next pool of athletes that will be eligible for the 2007 Canada Winter Games.

Athlete and Coach in Wheelchair Basketball

In the BC Winter Games, it is common for the coaches to be active athletes on adult teams that advance their coaching certification while they are still playing. This was apparent at the 2002 BC Winter Games, as 5 of the 6 zone coaches were active athletes. Zone coaches are named one year out from the Games to prepare their teams.

Results from 2002 Williams Lake BC Winter Games

1st – Caribou North East (zone 8)

2nd – Fraser Valley (zone 3)

3rd – Vancouver Island, Central Coast (zone 6)

The Sport

Rules for Wheelchair Basketball vary little from standard basketball rules. In Canada, FIBA (international) rules are used with minor changes to reflect the use of a wheelchair. These changes do not change the way the game is played, but instead are used to interpret the rules affected by the use of a wheelchair. Wheelchair basketball supports the concept of full integration. As such, individuals with and without disabilities participate in the sport together through use of a classification system.

Media Contacts

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Biathlon



Age

Under 15

Athletes must be 13-14 years of age on January 1, 2004.

Tentative Venue

Mt. Washington

Categories

Junior Boys 1 (13-14)

Junior Girls 1 (13-14)

Eligibility Restrictions

In addition to Section V-2 of the Rules Book. Competitors must have received instruction from a Biathlon coach prior to trials.

Events

Category	Age	Individual	Sprint	Super Sprint
Junior Boys 1	13-14	6 K	4 K	1 K +/-
Junior Girls 1	13-14	6 K	4 K	1 K +/-

The **Individual** and **Sprint** races will be governed by IBU or Biathlon Canada rules except where explicitly waived by the jury before the race. Races will be standard distances and standard shooting bouts.

The Super Sprint: Distance, 0.75 - 1.0 km in 3 laps. Mass starts by age category. There may be heats if there are too many athletes in any one age category. Athletes will be assigned to a specific range lane for each race. Athletes will shoot twice: P,P for all athletes. Athletes may load up to 2 magazines for each race and place an unlimited number of rounds in a relay cup in the designated lane before the start. Athletes may shoot 1 magazine and as many hand-loaded rounds as desired in any one bout. Athletes may not leave the range until all 5 targets are down. Failing to shoot all 5 targets constitutes a DNF. During the second shooting bout, the Chief of Range shall call a cease-fire and close the range if the first 4 finishers in each age class in the heat have passed the Finish line. There is no "Zone of Silence" in a Super Sprint. Other than the above, IBU and Biathlon Canada race and safety rules will be in effect.

Medals

Gold, Silver and Bronze medals will be awarded when four (4) or more competitors are in one class. Only Gold and Silver medals will be awarded when less than four (4) compete in a class, and only a Gold Medal when less than three (3) compete in a class.

Zone Team Composition

A total of 40 competitors maximum. Four (4) athletes will be allocated to each Zone. In addition to the 4 athletes per zone, 8 wildcard athletes will be selected from the next best athletes who missed selection for their zone. Wildcards are 4 girls, 4 boys, selected by the Provincial Sport Advisor. 16 coach/managers will be allowed, one male and one female per zone.

Coaching

BC Games Society requires all coaching must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information). The Provincial Organization states that all Zone Playoffs must be completed by January 18, 2004. Format for trials should be as close to domestic race distances and standards as possible. Excepting Zones where local conditions do not permit.

BC Games Entry Deadline

Registrations must be received by BC Games Office in Victoria no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check Section V-11(b) of the Rules).

Provincial Sport Organization Fee & Affiliation

An entry fee of \$10 will be charged at the Zone playoff level.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 6 officials. (Check Section V-11(c) of the Rules).

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Biathlon Preview: 'The Premier Junior Event of the Season'

The BC Winter Games are Biathlon's premier junior event of the season. The best 13-14 year olds compete for medals and for BC's team to the 2004 Canada Winter Games.

Biathlon has lowered its eligibility age for 2004 to 13-14 years as part of its efforts to attract and maintain athletes, as well as to have the Games better blend with its athlete development model. In Biathlon, it is very important to keep athletes enthused and involved from the age of 13 to 14. After that the sport will usually remain part of their life.

The Games in Biathlete Development

The BC Winter Games are the first major Games for a biathlete. Athletes begin their competitive career at a local BC Cup, one of a series of six competitions throughout BC that are held each year.

Young athletes who have had experience in a local BC Cup event, move up to the BC Winter Games. After the Games, they continue on the BC Cup circuit for points, a final Cup competition, and Provincial Championship to wrap up the season.

From there, the next major event in an athlete's development is the Canada Winter Games for ages 16-18 years of age.

BC Games Alumnae

***Tony Fiala** of **Quesnel BC** attended two Olympic Games, got his start in Biathlon at the BC Winter Games. **Tuppy Collard** of **Vanderhoof**, competed at the Nagano Olympics, also participated in the BC Winter Games. Biathletes **Barb Sharp** and **Karen Trueman**, currently National Team athletes who compete in the World Cup Series in Europe; both began with the BC Winter Games.*

The Sport

Biathlon is a winter sport combining Nordic skiing and precision target shooting. Biathletes race with the skating technique and stop to shoot at steel knockdown targets.

The main Biathlon races are the 'Individual' and the 'Sprint' events. In the Individual race, biathletes stop for three or four bouts of shooting. Each bout of shooting has five targets at 50 metres. Every target missed is a one-minute penalty. The Sprint race is shorter with only two bouts of shooting. For every missed target the biathlete has to ski a 150-metre penalty loop.

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Bowling



Age

Under 15

12-14 years of age as of December 31, 2003. This includes all those born in the years 1989, 1990, and 1991. Athletes may compete in only one BC Winter Games.

Tentative Venue

Sunset Lanes - Parksville

Eligibility Restrictions

(In addition to those stated in Section V-2 of the General Rules). Open to all male and female Youth Bowling Council registered 5 pin members who have a minimum of 12 league games bowled by November 23, 2003.

Events

The event will be Singles and a Doubles team of boys, plus one male coach and Singles and a Doubles team of girls plus one female coach.

A match play format shall be used at the BC Winter Games final to determine the champions in Singles, Doubles and Teams.

Doubles Teams

Each doubles team (male or female) will bowl against all other doubles teams on a match play format. The doubles team that scores the highest pins scratch will receive one (1) point and each bowler who beats their opponent on the opposing team will receive one (1) point for a total of three (3) points.

Teams

Each doubles team from a zone (male and female) will be paired as a team. Each team will compete against all other zone teams. Each bowler who beats his or her opponent on the opposing team shall receive one (1) point. Three (3) points shall be awarded to the team that has the most total pinfall scratch, making a total of seven (7) points maximum for each game bowled.

Singles

All bowlers (male and female) will be bowling in the singles event.

Substitution

When a bowler is unable to compete in the next round of competition, the next place finisher, of the same gender, is then eligible to participate.

Medals

Gold, Silver and Bronze medals will be awarded to the winning team, winning doubles team male and female and singles male and female based on scratch pinfall.

Coaching

BC Games Society requires that all coaches and chaperones must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation / Travel

All athletes, coaches and chaperones are required to travel on BC Games transportation and stay in Games accommodation.

Zone Playoff Entry Deadline

(Check Section V-11 (a) of the Rules and following Sections on Zone Information). All Zone Playoffs are to be held on Sunday, December 14, 2003.

House Qualifying Round

A centre is eligible to send as many doubles teams (girls & boys) as they wish. The number of teams submitted cannot exceed the number of registered bowlers in the age group and sex.

Note: A centre must have a house qualifying round and it is to be completed by November 23, 2003. The house qualifying round is to be conducted as a singles event and doubles team would be formed by the following method: the first two (2) bowlers would form team #1, the next two (2) bowlers would form team #2, the next two (2) bowlers would form team #3, and so on, in both boys and girls, based on total scratch pinfall.

Zone Finals

Eight zone final roll-off locations will be established. One (1) male doubles team, plus one male coach and one (1) female doubles team, plus one female coach from each zone will advance to the BC Games finals. Competition at the zone finals will be five (5) games and doubles teams will be declared based on total scratch pinfall.

The Provincial Association states that all house finals are to be completed by November 23, 2003. All house round registration forms must be sent to the Youth Bowling Council of BC no later than November 24, 2003.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries will not be accepted. (Check procedure in Section V-11(b) of the Rules).

Provincial Sport Organization Fees & Affiliation

Bowling lineage fees for three (3) games plus \$2.00 at the House level of competition. The Athlete Registration Fee will be paid by the Youth Bowling Council.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 3 officials (Check Section V-10(c) of the Rules).

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Bowling Preview: New Format Brings Best Bowlers

The sport of 5-pin bowling is using the BC Winter Games to develop its young athletes to become better at the sport. Competing in the BC Winter Games will be the top athletes in this age group. Some will be making the BC Winter Games the stepping-stone to Provincial excellence. The competition at the Games will be very intense and will afford the athletes the opportunity to show their prowess under pressure. Over the years many of our Games competitors have gone on to Provincial and National distinction.

Athletes to Watch

*The strongest teams should come from the Cariboo North East, Thompson/Okanagan, Fraser Valley and the Fraser River/Delta. Strong contenders for the BC Winter Games from the 2003 Provincial Championships will be **Curtis Lovell**, (Quesnel), **Carlyn Buresh**, (Salmon Arm), **Donovan Keough**, (Salmon Arm), **Spencer Costigan**, (Kelowna), **Ally Ealey**, (Langley), **Mathieu Jang**, (Surrey), **Christina Kallianiotis**, (Port Coquitlam), **Cassie Alter**, (Burnaby).*

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Curling - Boys

Age

Under 17

Minimum age is 11 years as of February 26, 2004. Must be 16 years of age or under as of December 31, 2003.

Tentative Venue

Alberni Valley Curling Club

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules.) Athletes may compete at Zone trials if they reside or are actively curling at a club in that Zone. Activity of competitors within clubs is determined by their respective Pacific Coast Curling Association or BC Interior Curling Association rules.

Events

Tournament draw to be determined by Winter Games Curling Committee. Displayed time clocks will be used - 60 minutes per team. Each team will also be entitled to two (2) one minute timeouts per game. Games will be 8 ends.

Individual Participation

One team per Zone.

Zone Team Composition

4 competitors plus 1 coach/manager per Zone.

Coaching

Curl BC states that all coaches must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following sections on Zone Information.) The Provincial Association states that all Zone Playoffs must be completed by January 18, 2004. A minimal entry fee may be charged at the Zone Playoffs.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Competitors must be a member of a Provincial Curling Association and a resident of BC.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 5 officials. The Provincial Sport Organization states that the head official must be certified Level 3 or higher. (Check Section V-11(c) of the Rules.)

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Curling - Girls



Age

Under 17

Minimum age is 11 years as of February 26, 2004. Must be 16 years of age or under as of December 31, 2003.

Tentative Venue

Alberni Valley Curling Club

Eligibility Restrictions

(As stated in Section V-2 of the Rules.) Athletes may compete at Zone trials if they reside or are actively curling at a club in that Zone. Activity of competitors within clubs is determined by British Columbia Ladies Curling Association rules.

Events

Tournament draw to be determined by Winter Games Curling Committee. Displayed time clocks will be used - 60 minutes per team. Each team will also be entitled to two (2) one minute timeouts per game. Games will be 8 ends.

Individual Participation

One team per zone.

Zone Team Composition

4 competitors plus 1 coach/manager per Zone.

Coaching

Curl BC states that all coaches must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) The BC Ladies Curling Association states that BCLCA club, Zone, district play down rules and regulations will be applied at all BC Games Zone Playoffs. The Provincial Organization states that all Zone Playoffs must be

completed before January 18, 2004. A minimal entry fee may be charged at the Zone Playoffs.

BC Games Entry Deadline

Registrations must be received by the BC Games office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All team members must be affiliated with the BC Ladies Curling Association.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 5 officials. The Provincial Sport Organization states that the head official must be certified Level 3 or higher. (Check Section V-11(c) of the Rules.)

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Curling Preview

The BC Games curling event is the juvenile aged championship in the province. Both juvenile boys and girls compete at the zone level to earn the right to play in the BC Games in Port Alberni.

Getting Young People Involved

With curling clubs located in almost every city and town in BC, the clubs offer a number of youth programs for school groups and individuals. The programs include the school based "Premier's Sport Awards Program", the Canadian Curling Association's "Getting Started Program", and the Curl BC "Skill Awards Program".

Athlete Development and the Games

Juvenile curlers have emerged from youth programs at curling clubs throughout BC, where the focus was fun and team work. They attend fall curling camps where they learn more about the delivery, brushing and game plan. Their development continues in the club and inter-club leagues, where they prepare for the zone playoffs. Every four years, the BC Games winners represent the province at the Canada Winter Games.

Coach Development

Curl BC offers level one and two technical courses annually. In addition, regional and provincial high performance camps offer coaches the opportunity to be mentored and complete their practical components.

Qualifying events

Zone play downs are held annually in late fall or early winter.

Media Contact

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Fencing



Age

Under 16

All athletes must be born between 1988 – 1993 inclusive. Athletes may attend only one BC Winter Games to compete in Fencing. Athletes representing BC at Canada Games and athletes representing Team Canada at Senior or Junior World Cadet Championships are not eligible to compete in the BC Winter Games.

Category

Benjamins

Tentative Venue

Maquinna Elementary

Eligibility Restrictions

(As stated in Section V-2 of the rules.)

Events

Epee & Foil

Athletes will compete in both individual and team events in both Epee and Foil. On Friday the Team foil will feature zone teams against each other in a round robin. In the event of a tie in a team match, a decisive bout will be fought to decide the winning team. Boys compete against boys and girls compete against girls. The medal round for individual events will occur on Sunday.

Medals

Team and Individual gold, silver and two bronze for Boys and Girls. Note: Fencers don't compete to determine bronze medallists.

Zone Team Composition

32 competitors in total, plus 8 coaches and 8 managers/chaperones (1 coach plus 1 assistant coach/manager from each zone; one of each gender). Maximum of four (4) competitors per Zone, with no out-of-zone substitutions.

Coaching

All coaches must have full NCCP Level 1 certification plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules.) The Provincial Sport Organization states that all team selections must be made by January 18, 2004. Zone Representatives must name all potential Athletes, Substitutes, and Coaches/Managers to the Provincial Advisor by this date.

BC Games Entry Deadline

Registration Forms must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11 (b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All competitors must be members of the BC Fencing Association.

Personal Equipment

Current provincial level competition rules apply. All competitors are responsible for providing their own personal fencing equipment, including épées and foils (electric), body cords, gloves, masks, jacket, breeches, and knee-high socks. FIE equipment is not necessary. Masks will be tested, and fencers with non-FIE jackets must wear a sous-plastron (under-jacket). Zones must have spare weapons and body cords near at hand.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 6 officials. (Check section V-11(c) of the Rules.)

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Fencing Preview: First Talent ID for Canada Games

The BC Winter Games are the first talent identification for the under-17 Team BC to the 2007 Canada Winter Games. BC Games feature epee and foil.

The Games are the major competition for the season for under-15 fencers. Selection to the Games is from zone competitions (details and places: <http://sitka.triumf.ca/morgan/bcfa/index.html>). The BC Winter Games have figured prominently in fencing in BC. The best ever BC fencers include many alumnae, and since 1996 all eight zones send teams, a development attributed by Fencing BC to the "carrot effect" of the Games.

Athletes to Watch and Alumnae

Zone 5 (**Vancouver**) are the defending Games champions. Challengers in 2004 will be Thompson Okanagan and Vancouver Island-Central Coast. Top Games eligible will be **Nick Garwin, Itzel Alvares, Lynn Shinto and Allison Woodward**.

Magda Krol (**Vancouver**) is a 2001 World Cup team member <http://und.fansonly.com/sports/c-fenc/mtt/nd-c-fenc-krol.html>. Emiko Ihara (97) (**Saanich**) is on the current junior national team. Three-time Olympian Laurie Shong (**Vancouver**) was the first Canadian male to compete in two sports in the same Olympics (Barcelona 1992, modern pentathlon and fencing). http://www.fencing.ca/news/laurie_shong.htm#results. **Melanie Friesen**, cadet national team member for 2003 Junior Cadets World Championship in Italy.

Olympians and national team members have been coached by Jerzy Kajrenius (**Vancouver**) provincial coach and national team leader for epee, as well as BC Games advisor. Other BC Games coaches are: Brendan Robertson (**Vernon**), whose elementary school-based club is expected to fill most places on the zone 2 team; Victor Gantsevitz (**Richmond**), Dr. Alan Campbell (Smithers), the coach of Melody Freisen, and Glen Burrill (**Williams Lake**) who started a club for the 2000 Games, and is now sport chair for the 2002 Games.

The Sport

Epee is the simplest of fencing's three disciplines, in terms of equipment and managing the event. Points are scored with the tip of the epee on all parts of the body. Electronic scoring records all hits. Strategy includes luring an opponent into exposing a vulnerable area, so drawing back may be a lure for a scoring move. The team event is "all for one and one for all" event and team support often pushes an athlete to perform above their normal level.

The epee is based on the sword used in duels to the death among European gentry. It still has a traditional v- shape, with a groove so blood could run out of a wound. When the rules changed from death to 'first blood', strategy shifted from avoiding death to inflicting a small nick. This evolved to the modern rule allowing scoring on defence as well as attack. (In foil and sabre, the life-saving wisdom of defending before attacking is handed down in a rule allowing scoring only on the attack, or after successfully defending the opponent's attack.)

The Foil is also a thrust weapon, but the rule of this event is governed by convention which gives priority of attacks and priority of ripost after pare. The target is limited to the torso of the athletes (fencers wear special electric jackets which define a valid target). This weapon is slightly lighter than epee and requires very sophisticated refereeing because of the speed and more complicated rule of this weapon. Historically foil is coming as a weapon from training and practice for the purpose of combat and duelling.

Media Contact

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Figure Skating



Age

Under 14

Athletes must be 10-13 years old on the first day of the Games to be eligible for these BC Winter Games. Age must conform to Skate Canada rules for the following events.

Tentative Venue

Port Alberni and Parksville Arenas

Single Events to be Skated

JUVENILE WOMEN

JUVENILE MEN

Competitors must have passed the Juvenile Competitive Singles Test or higher. Juvenile Singles competitors shall be under the age of 12 for women and 13 for men as of July 1 preceding the event. (July 1, 2003).

These competitions shall consist of a free skating program to music of 2.5 minutes (+ or – 10 seconds) in duration. The composition of the free skating program and the requirements for a well-balanced program are as follows:

- a) The number of different jumps is not restricted, but at least one jump combination or sequence of jumps must be included.
- b) There must be at least three spins of a different nature, of which one must be a spin combination and one a flying spin.

There must be at least one step sequence that fully utilizes the ice surface.

PRE NOVICE WOMEN

PRE NOVICE MEN

Competitors must have passed the Pre-Novice Competitive Singles Test or higher. Skaters must skate a short and long program.

These competitions shall consist of two parts:

- (i) **Short Program:** A short program to music, which shall not exceed 2 minutes, 15 seconds in duration, containing the elements of Group 1 for the 2003/2004 competitive season.
 - a) Axel or Double Axel
 - b) Double Flip
 - c) Jump Combination: Any double or triple jump followed by any double (Double Flip may not be repeated as the first jump)
 - d) Flying Sit or Flying Sit Spin changing foot on landing
 - e) Combination Spin
 - f) Camel/Change Camel Spin
 - g) Straight Line Step Sequence

- (ii) **Free Program:** A free skating program to music of 3.0 minutes (+ or – 10 seconds) in duration. The requirements for this program are as follows:
- a) The number of different jumps is not restricted, but at least one jump combination or sequence of jumps must be included.
 - b) There must be at least three spins of a different nature, one of which must be a spin combination and one a flying spin.

There must be at least one step sequence that fully utilizes the ice surface.

Competition subject to change.

Zone Team Composition

Each zone team will comprise four (4) female and two (2) male athlete/entries, to a maximum of six (6) athlete/entries. Also, 12 Wildcard spots will be allocated to the next best athletes (8 Females and 4 Males) by the Provincial Advisor. Each team is to be accompanied by two (2) Coach/Managers, which must be one of each gender.

Coaching

BC Games Society requires all coaches be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

Zone skateoffs should take place at the earliest opportunity. Zone skateoffs **MUST BE COMPLETED** by Sunday, December 7, 2003.

Zone team Managers must confer with the Provincial Advisor if they wish to select more than two (2) entries in an event, before making their selection.

The initial Zone team lists are to be submitted to the Provincial Advisor immediately after the Zone "skateoff" selection process. The final Zone team list is to be submitted to the Provincial Advisor by Sunday, December 7, 2003 for correlation and final approval by the BC Games Office.

BC Games Entry Deadline

Competitor registration forms **MUST** be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (See Rules, Sec V-11 (b).)

Provincial Sport Organization Fees & Affiliation

Competitors must be registered members of the Canadian Figure Skating Association and must be amateurs as defined by Skate Canada (SC Rule #5401 (3)).

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for fifteen (15) Officials. (See Sec V-11(c) in the Rule Book.)

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Figure Skating Preview: The First Team Event for Best Under-14's

Figure Skating for the 2004 BC Winter Games will now be skaters 14 years of age and under which will include two levels – Juvenile and Pre-Novice Ladies and Men. The approximate ages of skaters will be 8 to 11 and 10 to 14.

The Games are emerging as a preparation event for skaters on their way to Junior Nationals. Also, figure skating is primarily a solo sport. The Winter Games provides the opportunity for skaters to be in a team situation such as they would find in Canada Winter Games and National Championships.

Athletes to watch

As successful athletes in each ability level move up the following season, the contenders in each category will only be evident after the Regional Championships early in the new competitive season. Dates and locations of regionals are published at www.skatinginbc.com.

The strongest zones tend to be the lower mainland and Vancouver Island, but provincial team members have come from all zones of the province.

BC Games in Athlete Development

Most of the best skaters start the sport at 5-6 years of age, with professional coaches in clubs throughout BC.

In competition, they progress through ability levels starting with Juvenile, then Pre-Novice. These are the two BC Games categories. Skaters stay at one level until they have mastered the ability to compete at the next level and have passed any required tests.

BC Games skaters train 10-15 hours per week. After the Games, Novice, Junior and Senior are the next levels. Skaters peak at 18-25 years of age, and will be training 20-25 hours per week by that point.

BC Games Alumnae

Past winners of the BC Winter Games have gone on to compete at the Canada Winter Games, as well as the National Championships.

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Gymnastics

Age

Under 15

Females 10-14 years old (born 1990-1994)

Males 11-15 years old (born 1989-1993)

Tentative Venue

Alberni & District Senior Secondary

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules.) See below for specific restrictions for male and female gymnasts. Medical byes will only be accepted at the discretion of the Zone Representatives.

Female Gymnasts

Tyro/Novice competing under Provincial 3 or 4 Tyro code.

Male Gymnasts

Level 4 competition rules.

Events

Female and male competitors must enter all events. Zone uniforms must be worn during all BC Winter Games competitions and award ceremonies. Team deductions will apply. Suits need not be zone colors.

Female Gymnasts:

Optional routines: vault, uneven bars, balance beam, and floor exercise.

Male Gymnasts:

Compulsory routines: floor exercise, pommel horse, rings, vault, parallel bars and horizontal bars.

Medals

Medals will be awarded for Individual All-Around and Team events only. Ribbons for first, second and third place will be presented for Individual events.

Zone Team Composition

10 athletes per zone (3 Provincial-4 females; 3 Provincial-3 females and 4 male athletes) plus 16 wildcards (8 male and 8 female)

Women – team of 6 athletes plus wildcards (combined P3 and P4). Top 3 scores on each apparatus (including wildcards) contribute to team score.

Men – team of 4 athletes plus wildcards. Top 3 scores on each apparatus (including wildcards) contribute to team score.

Female athletes may not attend more than one BC Games to compete in Gymnastics. Male athletes may not attend more than one BC Games, to compete in Gymnastics, however zones with limited male participation may request exemption to compete at a second BC Games.

A total of 24 coach/chaperones will accompany teams. At least one coach/chaperone per category per zone for the female athletes and one coach/chaperone for the male athletes per zone.

Wild Cards

A total of eight male and eight female wild card spaces will be allocated based on the next best athletes regardless of zone. Decisions about who will be given the wild card spaces will be made by the Provincial Advisor and the Technical Director of Gymnastics BC.

Coaching

Gymnastics BC requires that all coaches are fully certified NCCP Level 2.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Section on Zone information.)
The Provincial Organization states that all Zone Trials must be completed by January 13, 2004.

BC Games Entry Deadline

Registration must be received by the BC Games office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All competitors must be members of Gymnastics BC.

Officials

Transportation, accommodation, and meals as arranged by the Host Community will be provided for 22 officials. (Check Section V-11(c) of the Rules.)

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Gymnastics Preview: BC Games a Stepping Stone to National Championships

The BC Winter Games is one of four key events for young gymnasts in 2004. Many of the athletes who take part in the Games will also compete in BC's Provincial Championships (April) and aspire to earn berths to Western Canadian Championships (April) and National Championships (May).

In 2004 the best young female gymnasts in British Columbia will be attending the BC Winter Games. Each competitive category at the Games plays a crucial role in the development of a National calibre gymnast. The women's Level 4 competitors (ages 10 to 12) are the most talented group of athletes in the entire province. These athletes are expected to move into the National Stream or High Performance categories at an early age.

The women's Level 3 athletes are talented athletes from around the province. This category has excellent representation from every zone in BC. Younger athletes in this category are likely to advance to the National Level.

At previous BC Winter Games, 2 women's team champions were crowned. In 2004, the 2 women's categories are combined to identify the best zone in BC.

In 2004, the men's competition will be comprised of athletes born between 1989 and 1993, competing under Gymnastics Canada Level 4 rules. This competition will be very exciting with many of BC's up and coming athletes taking part.

*At the 2002 Games in Williams Lake, **Kadi Nicholson** (Fraser River-Delta) and **Kelsey Rouillard** (Vancouver Island-Central Coast) shared top honours in Level 3 with **Robyn Josefson** (Vancouver Island-Central Coast) leading Level 4. On the men's side, **Daniel McCombe** (Fraser River-Delta) led the Open Men category while **Jesse Dejong** (Kootenays) won gold in the Provincial male category.*

*In the team competition **Vancouver Island-Central Coast** took top honours in both women's categories while **Fraser River-Delta** was tops in the men's competition.*

Background

The best female gymnasts begin the sport at 5-7 years old with the males starting between the ages of 6-8. Female gymnasts reach their peak from 16 to 18, and males from 18 to 25. Over 71 gymnastics facilities exist in BC throughout the eight zones. All Gymnastics BC Clubs have nationally certified professional coaches.

Top BC Gymnasts

***Kate Richardson**, 2002 Commonwealth Games (gold All Around & Balance Beam, bronze team); 2000 Olympics 14th all around (best ever Canadian performance) and 9th in the team event); **Richard Ikeda** 2002 Commonwealth Games (silver team) 2001 World Championships, 1996 Olympics, 1998 Commonwealth Games (silver, pommels), 1998 & 1999 Pan Am Games.*

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Hockey - Female



Age

Under 18

Athletes must be born in 1987 or 1988

Tentative Venue

Port Alberni and Nanaimo Arenas

Eligibility Restrictions

(As stated in Section V-2 of the Rules.)

Events

Tournament Draw to be determined by Winter Games Hockey Committee.

Individual Participation

One team per Zone.

Zone Team Composition

18 competitors plus 3 coach/managers and 1 CHSP trainer per Zone. Team selection process to be determined by BCAHA.

Coaching

BCAHA states all coaches must be fully certified Technical/Practical NCCP Level 1 plus Level 2 Theory and working toward Intermediate Certification.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) The Provincial Organization states that all Zone Selection Camps are to be completed by January 4, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Players must be registered with the BCAHA through their local Minor Hockey Association or with their local Female Registered team.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 19 officials. (Check Section V-11(c) of the Rules.)

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BCAHA High Performance U18 Female Hockey Program

The BCAHA Female High Performance Program was established to identify and train athletes and team personnel for possible participation at National and International events. Although the percentage of athletes who actually experience international competition is very small, the program plays a valuable role in delivering a message of the skills, attitude, and dedication expected of a High Performance athlete. In addition, it allows athletes who possess these skills to be identified in a systematic way, across our country. The female version is also incredibly important as a goal for gifted female athletes whom do not yet have the visions of high profile Junior Hockey and the NHL that currently exist in the male program.

Prior to the U18 inclusion in the BC Winter Games the events of the Female High Performance Program were rather erratic. In BC our current goal is to have a High Performance Female process every year. The first identification stage is the Under 18 athlete. The plan is for these athletes to experience camps and competitions each season. In even years these athletes would attend the BC Winter Games and in odd years, the BCAHA U18 Provincial Competition. If we take a look at recent years:

April 1999	BCAHA U18 Competition – Sicamous
February 2000	BC Winter Games – Quesnel
April 2001	BCAHA U18 Competition – Sicamous
February 2002	BC Winter Games – Williams Lake
April 2003-03-10	BCAHA U18 Competition – Duncan
February 2004	BC Winter Games - Port Alberni

Once every 4 years, the BC Winter Games, because of its cycle fits perfectly into the identification for Team BC that eventually competes in the Canada Winter Games. The other 3 years of the cycle a Team BC is selected for a National or Western Canadian competition. This year 144 athletes will be selected to participate in the BC Winter Games. At the Games an evaluative staff lead by our Provincial High Performance Coordinator and Team BC Head Coach will view the competition. As a result of their performance athletes will be invited to participate in further events eventually leading to Team BC.

On the National scene our Under 18 athletes participate in a National Competition every second year. Therefore as a result of the BC Games selection and training, we are able to send quality athletes and staff to represent us as either Team BC or Team Pacific (BC and Alberta). Again the schedule is:

February 1999 - Canada Winter Games – Cornerbrook – Team BC
2001 – 2002 U18 Nationals – Team Pacific
2002 – 2003 Canada Winter Games – New Brunswick – Team BC
2003 – 2004 Western Canada tournament (in planning stages)
2004 – 2005 U18 Nationals

Based on the athlete's performance in the U18 program, National participation is possible in three other categories, the Under 18 program, the Under 22 program and the Senior National Team. The Senior National Team is a continuation of current practice where competition in the World Championships and/or the Olympics is held every year. The U18 and U22 programs are invited to select International events.

The program has a promising future. With several BC athletes vying for spots on National teams we look forward to outstanding opportunities for BC athletes. Our program keeps getting better and better – all built with the foundation of events like the BC Winter Games.

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Hockey - Male

Age

Under 16

Athletes must be born in 1989.

Tentative Venue

Port Alberni and Nanaimo Arenas

Eligibility Restrictions

(As stated in Section V-2 of the Rules Book.)

Events

Tournament Draw to be determined by the BC Winter Games Hockey Committee.

Individual Participation

One team per Zone.

Zone Team Composition

18 players plus 3 coach/managers and 1 CHSP trainer per Zone.

Coaching

BCAHA states that all coaches must have their Intermediate Certification (NCCP Level 2 Technical, Level 2 Practical & Level 2 Theory)

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) All Zone Selection Camps must be completed by January 4, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Players must be registered with BCAHA. NOTE: The Hockey competition will be governed by those rules and regulations as established by the BCAHA.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 19 officials. (Check Section V-11(c) of the Rules.)

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Men's Hockey Preview: U-16 The High Performance Entry Point

The BC Winter Games are the entry point for 15 year olds to the BC Best Ever High Performance program. Up to this age, athletes play only for club and league teams. The BC Games provide the first high performance experience that leads to the U17 provincial program and junior national teams.

Recognizing the talent ID opportunity, junior, college and university scouts attend the Games in significant numbers.

Teams to Watch

In the Williams Lake 2002 BC Winter Games, Fraser Valley won the gold against Team Greater Vancouver. Team Fraser Valley zone 3 beat zone 5 Vancouver 5-1 in an exciting gold medal final. Fraser Valley got off to a strong start and never looked back. Zone 5 continued to press for a comeback, but could not put the puck past the Fraser Valley goaltender.

Background

The BC Amateur Hockey Association 'Best Ever Under 17' Program has been established since 1980. The problem with using the U17 Program as a high performance entry point was that National and International identification process takes place in the same year. Hardly the place to introduce BC athletes to High Performance Programming! An entry program was needed that allowed athletes to experience a first step in high performance in our own province.

Hockey suddenly had an opportunity to build a BC entry process in 1996 with the implementation of the BC Games Core Sport program requiring that the Games be integral to the athlete development model of the sport.

*Although the move to involve High Performance programming in the BC Winter Games was not an easy one for the BCAHA because of the success of the existing program for Midget "A" and "AA", the BCAHA Executive Committee approved the motion to implement a BC Male Under 16 Program that would model the existing Under 17 program. As a result, eight male Under 16 zone teams competed in the 1996 BC Winter Games in North Vancouver and in Campbell River in 1997. In the fall of 1997, the BCAHA created the **Under-16 Cup** to fill the gap caused by the BC Winter Games moving to a two-year cycle.*

Games Alumnae

Since the inception of the U16 program in 1996, our U17 team has captured Bronze at the Canada Winter Games in 1999, and Team Pacific has won two Silver and a Bronze at the U17 World Hockey Championships in 2000, 2001 and 2002 respectively.

Of the 42 players who made up these three championship teams, all but six players had previously participated in the U16 Program. The U16 program is sponsored by CCM Sport Maska Inc.

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Judo

Age

Under 15

Athletes must be born in 1990, 1991 or 1992 to be allowed to register for the Games. Athletes may attend only one BC Games to compete in Judo.

Tentative Venue

Alberni Elementary School

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules). Minimum rank Gokkyu (yellow belt). No restriction on past participation or results in the nationals. Shime-waza (chokes) and / or kansetsu-waza (armlocks) will not be permitted. Any intentional application of these techniques will result in immediate disqualification from competition. Drop-seoinage will not be permitted.

Weight Classes

INDIVIDUAL

BOYS

Less than 40 kg
40 kg to less than 45 kg
45 kg to less than 51 kg
51 kg to less than 55 kg
55 kg to less than 60 kg
60 kg to less than 66 kg
66 kg plus

GIRLS

Less than 37 kg
37 kg to less than 41 kg
41 kg to less than 44 kg
44 kg to less than 48 kg
48 kg to less than 52 kg
52 kg to less than 57 kg
57 kg plus

TEAM

BOYS

Less than 40 kg
40 kg to less than 51 kg
51 kg to less than 60 kg
60 kg plus

GIRLS

Less than 41 kg
41 kg to less than 48 kg
48 kg to less than 57 kg
57 kg plus

Weight

Athletes must compete within the weight class in which they qualified according to the BC Winter Games registration form and the stipulated weight classes shown in the BC Winter Games rules book.

Weigh-In

Weigh-in will be held the evening prior to the start of the competition (time permitting.)

Medals

Gold, silver and bronze medals will be awarded.

Competition

Team and Individual competitions.

Individual Participation

The intention is that each Zone would only provide one (1) athlete in each different male weight division and one (1) athlete in each different female weight division for a total of ten (10) athletes per zone; 5 male (+ or – one), 5 female (+ or – one). In addition, 8 wildcard athletes to be allocated by the Provincial Advisor to the next best athletes not selected for their zone teams. Wildcard places are maximum of six of either gender. The Provincial Sport Organization will set the number of extra competitors for Zones based on Zone participation levels.

Zone Trophy

A trophy will be awarded from Judo BC to the Zone with the most points from individual and team results.

Zone Team Composition

The number of athletes allowed is 88, plus two coach/managers, one male and one female, for each zone for a total of 104.

Coaching

All coaches must be fully certified NCCP Level 1 plus Level 2 Theory. Candidates must possess a desire to further their level of Coaching Certification. Preference will be given to those candidates who have shown an active involvement in the Provincial/Regional program.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules Book and following Sections on Zone Information.) The Provincial Organization states that all zone competitions are to be completed by December 15, 2003 and the zone team selected by December 22, 2003.

BC Games Entry Deadline

Registration forms must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules).

Provincial Sport Organization Fees & Affiliation

All competitors must be members in good standing and abide by all regulations of Judo BC.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 17 officials. (Check Section V-11(c) of the Rules.)

Candidates must possess a desire to further their level of Referee Certification. Preference will be given to those candidates who have shown an active involvement as an official in provincial, regional and/or local tournaments.

Referee Evaluations

This will be a Provincial A evaluation tournament.

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Judo Preview: U15 Format Aimed at Developing Young Athletes

BC has been steadily moving up the rankings of provinces in national championships and Canada Games.

*In 2002, provincial coach **Renee Hock** moved the age group at BC Games to 12-14 to give her an early talent ID and training pool for provincial teams to National Championships.*

Judo BC incorporates the BC Winter Games in their provincial team athlete development model and is in part, the reason for British Columbia's improvement on the national level in recent years. The Games are usually the first multi-sport Games for our upcoming National and Canada Winter Games competitors.

History has proven that BC Winter Games competitors often continue their performance at the Canadian National level, as well as the Canada Winter Games, and on to international competition.

*Attending the Games will be members of BC's Provincial Coaching staff, Referee Committee and Judo BC's NCCP Chairman, **Ron Wright**.*

Athletes and Teams to Watch

The provincial team coach has run clinics in the past year in all the zones, which should help make all zone teams more competitive.

Lower mainland has provided most of the athletes to the provincial team, however it was zone 8 who edged out the others to win the team competition at the 2002BC Winter Games in Williams Lake.

An added benefit, says the provincial coach, is that athletes who have attended the BC Winter Games are more cohesive as a team when they go to national championships.

Leading Coaches in BC

Judo BC works collaboratively with all club coaches in each of their respective regions to help develop the level of judo across the entire province. The BCWJG will play an integral role in coaching development in judo by providing current and former competitive athletes with the opportunity to coach young "up and comers" at these Games.

Qualifying Events

Each zone has individual dates and locations for the play-offs. Contact the zone representatives for information closer to the date.

Background

Judo is a self-defence martial art that teaches its practitioners (judoka) to gain control over an attacker without striking him or her. It is a method of turning an opponent's strength against him or her and overcoming by skill rather than sheer strength.

Judo does not involve punching, kicking or striking techniques but rather, uses throws, holds, chokes and grappling. It looks more like wrestling than other martial arts.

Through the study of judo, judoka learn respect for self and others, discipline, responsibility and control. Judo is a safe, fun way to reduce stress, while increasing physical fitness, confidence and overall well-being.

There are Judo BC member clubs throughout the province, with programs available from the novice to international level. All clubs have certified

Those judoka who aspire to “BC Team”, and annual Canadian National Judo Championships are invited to participate at the selection tournaments held at various locations in the province. The youngest members to compete at the National level are 14 years of age.

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Karate

Age

Under 14

Junior: 12 - 13 years as of February 26, 2004.

Tentative Venue

EJ Dunn Junior Secondary

Events

Events (all categories are for White through Black Belts inclusive)

Girls: Individual Kata
Individual Kumite Under 44 kg
Individual Kumite 44 – 55 kg
Individual Kumite Over 55 kg

Boys: Individual Kata
Individual Kumite Under 44 kg
Individual Kumite 44 – 55 kg
Individual Kumite Over 55 kg

Team Kumite: (One team per Zone consisting of 2 boys and 1 girl per team)

Zone Team Composition

A total of 96 competitors maximum. Each zone is entitled to a maximum of 10 athletes, five male and five female. The Provincial Advisor may also assign 16 additional wildcard athletes, with no more than 10 of those athletes being male or female. In addition, 16 coach/managers will be allowed, allocated 2 per zone (one of each gender).

Coaching

BC Games Society requires all coaching must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) The Provincial Organization states that all Zone Playoffs are to be completed by January 18, 2004.

BC Games Entry Deadline

Registration must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Participants must be members of Karate BC

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 20 officials. (Check Section V-11(c) of the Rules.)

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Karate Preview

Events

Kumite (Sparring) explanation: Competitors must deliver controlled techniques to designated targets on opponents. Contact is penalized.

Kata (Forms) competitors perform patterns of movement representing combat against multiple imaginary opponents. Compulsory patterns (shitei) and optional patterns (tokui) are judged. A good performance makes it easy to visualize the imaginary opponents.

Competitors

This competition is for athletes below Provincial and National Team age and is a step towards participation at the elite level. Coaches will be on hand to spot potential for inclusion in the BC Team Elite Program.

Coaches and Officials Development

Promising young officials receive special training at the Games, paired with seasoned officials from the Officials Committee. This committee includes some of the top officials in Canada and the world. Junior officials will be recruited from the BC Junior and Cadet Team programs. Karate BC head coach, Reza Salmani, will conduct special sessions for zone coaches during the week of the Games.

Karate BC Clubs

All participants must be a member of a Karate BC member club.

Proper training is the key to the art of Karate. Improper training can lead to dangerous injuries and wasted energy. Clubs that are members of Karate BC are strictly regulated, ensuring standardized, quality instruction and the highest levels of safety possible. Karate BC utilizes some of the top Karate instructors and officials in the country and the world for training seminars. All Karate BC instructors must be certified through the National Coaching Certification Program.

To the untrained eye, Karate may seem violent. In truth Karate practitioners pursue training and adhere to the highest standards of etiquette, consciously striving for a spirit of sincerity, respect and courtesy to bring harmony. These elements, including the practice of self-control and good sportsmanship, are integral to the philosophy of Karate BC.

Media Contact:

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Netball

Age

Under 16

Athletes must be 14-15 years old as of January 1, 2004, born in either 1988 or 1989.

Tentative Venue

Maht Mahs Gymnasium

Eligibility Restrictions

(As stated in Section V-2 of the Rules.)

Events

Tournament Draw to be determined by Winter Games Netball Committee.

Individual Participation

One Team per Zone.

Zone Team Composition

10 athletes plus 2 coach/managers per Zone.

Coaching

Both coaches from each Zone must be certified NCCP full Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) The Provincial Organization states that all Zone Teams must be determined by January 16, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Teams must be members of the BC Amateur Netball Association. Contact Provincial Advisor for further information.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 12 officials. (Check Section V-11(c) of the Rules.)

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Netball Preview: The Best U-18 Athletes, In The Best Province

The BC Provincial Under 18 squad is selected at the Games. BC U23 and U18 teams are both current National champions and every athlete of the team started their high performance career at the BC Winter Games.

All 7 of the National U21 athletes selected from BC for the Canadian National U21 team in 2000 were BC Games graduates whose first experience of elite competition was at the Games. Five of the seven National team athletes from BC attending the Commonwealth Games in Manchester 2002 got their start at the BC Winter Games.

Athletes to Watch

*Leading players in the 2002-2003 season eligible for BC Winter Games are, zone 3, **Kelsy Binns, Amonda Francis, Elizabeth Uhl**, zone 5, **Beverly Ho, Claire Hope, Bianca Jones**, zone 6, **Ali Dehart, Kylie Flower**, and zone 8, **Carling Matthews**.*

Background

The implementation of the BC Games Core Sport program, which established the BC Winter Games as the entry level competition for elite athletes, coaches and officials was probably the most important single event in the development of elite Netball in BC. BC Netball had been working hard at junior development and Netball was ready to make the transition from an immigrant to a 'Made-In-BC' sport.

The Games has focused on Under 19 competition since 1996. For BC Netball using the BC Games as the cornerstone of a Sport Development model which enabled young athletes to move smoothly and successfully toward International elite competition has been an overwhelming success and a lot of fun to implement.

In 2003, for the first time, Netball was included as a Medal sport in the Northern BC Winter Games and the success of the zone 7 and 8 teams at the Winter Games is part of this new development.

Zone 8 was the Gold medal winner this year at both the Northern BC Winter Games and at the Under 18 zone championships. Next year, for the first time, these zone 8 games alumni will begin to make their mark and take their places on the BC Under 23 Provincial and National Under 21 teams.

Media Contact

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Ringette

Age

Under 14

13 years and under as of December 31, 2003.

Tentative Venue

Port Alberni and Parksville Arenas

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules Book.) All-Star teams will be formed to represent each Zone.

Events

Tournament Draw to be determined by Winter Games Ringette Committee.

Individual Participation

One team per Zone.

Zone Team Composition

17 competitors plus 3 bench staff per zone.

Coaching

The Head Coach will have full NCCP Level 2 certification. The Assistant Coach will have full NCCP Level 1 certification and Level 2 Theory. The third member of the bench staff may be the team manager (certified through Ringette Canada's Manager Certification Program). At least one coach must be female aged 19 or older, and the team manager must also be a female aged 19 or older.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) All Zone Trials must be completed by January 18, 2004.

BC Games Entry Deadline

Registration must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Athletes must be registered with the BC Ringette Association.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 7 officials. (Check Section V-11(c) of the Rules.)

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Ringette Preview: Talent ID for 2007 Canada Games

The BC Winter Games are one of the four major events that young ringette players aspire to; All-star play downs (qualifying for nationals), Western Canadian Championships and Nationals are the other three.

A change from previous eligibility criteria will now see the BC Winter Games showcasing the highest calibre players from around the province. As a result, we can expect this event to be a talent identification opportunity for Team BC (2007 Canada Winter Games) and identify players for eventual invitation to Team Canada tryouts.

Although facilities are readily available throughout the province, ringette has not yet been able to break into the Kootenay region, resulting in teams expected in 7 of the 8 zones.

Athletes to Watch

*The strongest zone teams are usually from **Fraser Valley, Fraser River Delta and Vancouver Squamish**. These teams have the largest number of players to draw from and are most commonly in medal contention. Growth in the **Thompson Okanagan and North West** has resulted in very strong performances and a serious challenge to the traditional top three.*

*Leading players of BC Games age from the 2000-2001 season are: Robin Keen (**Quesnel**), and Chrissy Neff (**Prince George**)*

Leading Coaches in BC

The BC Ringette Association continues to emphasize high standards of coaching resulting in a significant increase in Level 2 and Level 3 Coaches throughout the Province. The BC Games provide an opportunity for less experienced coaches to be mentored by senior coaches in the development and implementation of an all-star program.

Qualifying Events

Zone all-star tryout camps will be held in late summer or early fall.

Media Contact

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Skiing – Alpine

Age

Under 13

11 - 12 years as of December 31, 2003. (Birth year: 1991 – 1992)

Tentative Venue

Mt. Washington

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules Book.) Open to any carded racer, male or female, who has national points registration only.

Events

<i>Girls:</i>	K-1	11 – 12 years	Slalom Giant Slalom Dual Team Race
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<i>Boys:</i>	K-1	11 – 12 years	Slalom Giant Slalom Dual Team Race
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Zone Team Composition

For each Zone there will be 12 athletes, with no more than 6 of either gender. In zones 1, 2 and 5, 2 additional athletes, one of each gender, will be added for a total of 14 athletes in those 3 zones. In addition, 16 coaches/managers will be allocated to zones. Each zone must have 1 male and 1 female coach/manager. Athletes will be entered for the zone where they reside.

Coaching

BC Games Society requires that all coaches must be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) Zone Playoff entry deadline is January 18, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Competitors must be members of the Alpine Canada Alpine / BC Alpine and must hold a current valid competitor's card. All athletes must pay the \$50.00 BC Winter Games registration fee.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 8 officials. (Check Section V-11(c) of the Rules.)

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Alpine Preview: BC Games Integral Part of Alpine Development Model

The BC Winter Games are one of three key events each year for the best 11 and 12-year-old alpine skiers in BC, along with the provincial championships, and the Whistler Cup (International).

Beginning in 2000, the BC Winter Games was aligned with the Alpine Integrated Model (AIM), one of the leading athlete development models in Canada. The Alpine Canada document, which sets the tone for all Alpine programs in Canada puts an emphasis on proper progression of skills, fitness and ski racing experiences for young skiers. Starting in 2000 alpine skiing changed to K1, 11-12 year olds. Prior to 2000 older athletes not on provincial teams attended.

Athletes to Watch

*The strongest zone teams are the **Kootenays, Vancouver Island-Central Coast, Vancouver-Squamish** and in recent Games the **Thompson-Okanagan** have emerged as the ones to watch.*

*At Williams Lake 2002 BC Winter Games, the **Thompson-Okanagan** (Zone 2) finished as the top team in the fun Dual "Glalom" with **Fraser River Delta** (Zone 4) in second and **Vancouver-Squamish** (Zone 5) in third.*

At this age group, talent emerges quickly. Qualifying is based on race results in December or January 2004. Contact zone contact for dates and times of each qualifying event.

Coaching Development

*The coaches attending the BC Winter Games are in the Development Coach phase of the Alpine coaching development model. The "**Train to Train**" **Coach** is a certified Development Coach who works under the framework of the Train to Train phase of AIM. This coach is working towards High Performance Coach (Level 3), where they would teach "Train to Compete" and "Train to Win" tools.*

Officials Development

The BC Winter Games is a key component of the Officials Level II, where officials are gaining experiences in administration, event quality, course management, timing and jury decisions.

BC Games Alumnae

***Rob Boyd, (Whistler).** 1988 Calgary Olympics 16th, 1992 Albertville Olympics (injured), 1994 Lillehammer Olympics attended, but feeling effects of injury, gave spot to younger skier Luke Sauder (Ont); Vernon Ski Club, Whistler Ski Club; 1980 Kimberly BC Winter Games. "I didn't do that well! BC Games was the first opportunity to ski against kids my age from around the province, and my first multi-sport Games."; **Coaches:** Mike McGrath, Glen Wurtele, Dee Dee Haight Arn*

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Skiing – Cross Country

Age

Under 15

13-14 years as of December 31, 2003. Midgets may compete as Juveniles. Athletes may attend only one BC Games in Cross Country Skiing.

Midgets: Born in 1990

Juveniles: Born in 1989

Tentative Venue

Mt. Washington

Events

Individual Start Event (1): Friday, Classic Technique

<i>Midget Boys</i>	3.5 km
<i>Midget Girls</i>	3.5 km
<i>Juvenile Boys</i>	5 km
<i>Juvenile Girls</i>	5 km

Heat Sprint Event (1): Saturday, Free Technique

<i>Midget Boys</i>	400 m
<i>Midget Girls</i>	400 m
<i>Juvenile Boys</i>	400 m
<i>Juvenile Girls</i>	400 m

Relay Start Event (1): Sunday, Mixed Technique

Zone teams will consist of two female and 2 male athletes.

Mixed age categories.

Distance: 4 x 2.0 km

Two legs of the relay are classic technique, and two are free technique. Only teams made up of skiers from the same zone are eligible for medals.

Individual Participation

Competitors may enter only one age group.

Medals

Gold, silver, and bronze medals will be presented when there are 4 or more competitors in a category. Gold and silver medals will be presented when there are only 3 competitors in a category. Only a gold medal will be awarded when there are only 2 competitors in a category.

Zone Team Composition

A total of 80 competitors (40 male and 40 female). A maximum of 8 competitors per zone plus 16 wildcard skiers, 8 males and 8 females which will be allocated to zones according to the total participation numbers of eligible athletes in the zone trials.

All skiers must compete in their zone trials in order to qualify for the BC Winter Games.

Relay teams to be selected by the zone coaches.

A total of 16 coach/managers will be allowed, with an equal gender split.

Coaching

All head coaches from each zone must be fully certified NCCP Level 2 and support coaches must be fully certified NCCP Level 1.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) A minimal entry fee may be charged at the Zone Playoff.

Cross Country BC requires that all Zone Trials must be held on the weekend of January 3-4, 2004. All participants must hold a valid CCBC Ski Licence or CCC Racing License.

BC Games Entry Deadline

Registration must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedures in Section V-11(b) of the Rules.)

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 9 officials. (Check Section V-11(c) of the Rules.)

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Cross Country Preview: - Provincial Team

The BC Winter Games provide a competitive goal for young athletes before they move on to junior provincial team programs and the National Championships.

Aiming for 2010 Olympics

The Games are an important component of Cross Country BC's current athlete development model - "Towards Excellence", a program with the 2010 Winter Olympic Games as it's goal. For this age group, the BC Winter Games, along with the BC Championships and Midget Championships are the most important provincial events this age category will compete in during the developmental years leading up to the Western Canadian Championships, National Championships and Canada Games, and ultimately, the 2010 Winter Olympics.

The Secret: Start Young and Have Fun

Successful cross-country athletes usually begin skiing by five years of age and enter the sport through the Cross Country BC Ski League program, which is designed to develop ski technique skills and basic physical fitness in a "fun" environment. The Regional Camp Program, which emphasizes ski technique and all round athlete development in an outdoor setting year-round, begins when children are eight to ten years of age, as does entry level competitive skiing. Athletes reach their peak between the ages of 27 and 33.

The Games & Regional Development

*Many communities in British Columbia have a well-developed cross country ski facility and in 2002, a total of twenty-nine communities from Fort Nelson to Kimberley, and Kitimat to Courtenay were represented in the cross country events at the BC Games. The traditionally strong zones are the **Cariboo-Northeast** and **Thomson-Okanagan**, however in 2002 the Kootenay zone dominated by winning the relay as well as nine medals in individual competition. The **Fraser Valley** and **Fraser River-Delta** zones have limited access to suitable facilities and therefore are not well represented in this sport.*

A Stepping Stone for Coaches Too

Because the BC Winter Games is structured for zone teams, they provide a stepping stone for club coaches that want to move on to the provincial level. In recognition of the role the Games play in coaching development, this event can be used as a task in the practical component of the national coaching program for cross country skiing.

BC Games Alumnae

*Current National Ski Team member **George Grey (Rossland)**, 2003 Canada Winter Games medallist **Jacqui Benson (Prince George)**, and many other athletes who have become national aggregate champions and competed for Canada are alumnae of the BC Games. Coach alumnae include **Rob Grey** and **Eric DeNys** who were members of the support team for the Canadian cross country ski team at the 2002 Olympics, and **Neil Manhard** who was a member of the support team for the 2003 U-23 World Championships.*

Media Contact

Georgia Manhard, Cross Country BC: (250) 397-2525 <http://ccbc.junction.net>



Skiing – Freestyle

Age

Under 16

Minimum age is 12 years and up to 15 as of December 31, 2003. Athletes that have won at Junior National Championships are not eligible to compete. Athletes may attend only one BC Games in Freestyle Skiing (2004 or 2006).

Tentative Venue

Mt. Washington

Eligibility Restrictions

- (In addition to those stated in Section V-2 of the Rules).
- All competitors must carry a valid provincial level competitor card for that year.
- Qualifiers for the Games will be based on provincial RPA scores from the previous year.
- All competitors must compete in all disciplines, however one spot will be considered for the top aerialist in each zone.

Events

Moguls, Dual Moguls, Aerials

<i>Youth Boys</i>	12 – 13 years	<i>Juvenile Boys</i>	14 – 15 years
<i>Youth Girls</i>	12 – 13 years	<i>Juvenile Girls</i>	14 – 15 years

Competitors must compete in both events.

Equipment

Equipment must meet F.I.S. Freestyle standards, including uniform. Helmets must be worn for all disciplines.

Medals

Gold, silver, and bronze medals will be presented for both categories and combined.

Individual Participation

A maximum of 60 athletes. Each zone will be allocated 6 skiers, of which no more than 4 will be of either gender. In addition to the zone team sizes there are 12 Wildcard places for the next best athletes who missed selection for their zone

team. Wildcard places will be allocated to no more than 8 of either gender and decided by the Provincial Sport Advisor.

Coaching

Each zone will be allocated one coach and one manager, one of each gender.

BC Games Society requires that all coaches be fully certified NCCP Level 1, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check section V-11(a) of the Rules and following Sections on Zone Information). The Provincial Organization states that all Zone Selections be made by January 18, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Competitors must be members of the Canadian Ski Association - BC Freestyle Division and must hold a valid competitors card.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 12 officials. (Check Section V-11(c) of the Rules.)

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Freestyle Preview

*There have been many athletes from BC who have gone onto the Canadian Freestyle Ski Team to compete at the World Cup and Olympic level. The most recent successes have been Kristi Richards from **Summerland**, Chris Wong and Scott Bellevance both from **Prince George**. One of BC's top coaches, Rob Kober, is now the National Teams' Assistant Mogul Coach.*

In the Port Alberni 2004 BC Winter Games we will have two age categories. The youth (ages 12-13) and the juvenile (ages 14-15). These categories will consist of the top athletes from each zone. They are selected by their previous seasons RPA from the BC Freestyle Championship Series. The series consists of 3 events spread throughout the ski season.

For the 2004 Games all zones have very strong skiers and all are expected to do well. This is one event you will not want to miss.

*A few top coaches who will be attending will be Wade Garrod from Zone 2 **Thompson-Okanagan**. Wade is leading the way for coaches all over BC by initiating New School and Big Air advancements which are at a major turning point for freestyle skiing.*

*Brett Wood, with his old school look and style, keeps freestyle alive by inspiring many young athletes. Brett is the heart of freestyle in BC. His hardworking attitude can make anybody fall in love with the sport. Brett coaches the Blackcomb Freestyle Club located in Zone 5 **Vancouver-Squamish**.*

BC Freestyle is honoured to have 2002 Olympic Mogulist Ryan Johnson, who is creating a strong group of skiers from the Vancouver Freestyle Club.

Freestyle skiing is an evolving sport consisting of Single Moguls, Dual Moguls, Big Air, Aerials, Half Pipe, and Slopestyle. There are ongoing improvements to keep up with the intense energy of the sport and it's athletes.

Media Contact

BC Freestyle Ski Association, Chandra Kappler, Administrator (250) 837-9211

Speed Skating



Age

Minimum age is 12 years as of midnight June 30, 2003
Maximum age is 13 years as of midnight June 30, 2003

Category

SSC Juvenile Class Boys and Girls

Tentative Venue

Parksville Arena

Eligibility Restrictions

(In addition to those stated in Section V2 of the Rules.) Athletes who have earned at least 2 or more Gold medals at Short Track Nationals in Midget class are not eligible to compete at BC Games.

Events

<i>Juvenile Boys</i>	500m	666m	777m	1000m
<i>Juvenile Girls</i>	500m	666m	777m	1000m

All competitors must compete in all 4 events.

Relays

<i>Juvenile</i>	1500m	2 males & 2 females per team, plus 1 spare per gender
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Zones that enter fully balanced teams for medal contention should submit names of team members and spares to the Provincial Advisor prior to the BC Games competition. Skaters from remaining zones and wild card skaters will be assigned to make-up teams prior to the competition and will not skate for medals.

Individual Participation

All competitors must compete in all events.

Zone Team Composition

A total of 60 competitors. 6 athletes per zone (3 male and 3 female), plus 12 wildcards (minimum of 4 of either gender). Wildcards will be chosen by Provincial Advisor. 1 coach and up to 2 assistant coaches/managers per zone, at least one of each gender. Each zone relay team should consist of 2 athletes of each gender.

Coaching

Head coach will have full level 1 certification and level 2 theory. Assistant coach/managers to have NCCP level 1 theory or level 1 technical in Speed Skating. Exemptions from this rule must be cleared by the Provincial Advisor and the BCSSA V-P Coaching well prior to the competition.

Accommodation/Travel

All athletes and coaches are required to travel to and from the Games on BC Winter Games transportation and to stay in BC Games accommodation.

There will be no exceptions made to this rule.

Zone Skate-off Entry Deadline

(Check Section V11(a) of the Rules and following sections on Zone Information). The Provincial Organization states that all Zone skate-offs must be completed or teams chosen by December 31, 2003. Only BCSSA sanctioned meets may be used as zone skate-offs. The Provincial Advisor, in conjunction with BCSSA, will set designated zone skate-off meets at the 2003 BCSSA Annual General Meeting.

BC Games Entry Deadline

Registration must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All athletes must be registered with both BC Speed Skating Association and Speed Skate Canada as Full Competitive members. All designated Officials and Coaches must be Associate members of both BCSSA and SSC.

Officials

Transportation, accommodation, and meals, as arranged by Host Community, will be provided for 18 officials. (Check Section V-1(c) of the Rules.)

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Short Track Speed Skating Preview

Short Track Speed Skating will feature the best Juvenile Age Class skaters in the Province, athletes aiming for the 2007 Canada Winter Games and the 2010 Olympic Games.

Zone Athletes to Watch

All eight zones send teams to the Games, but the traditional powerhouses are Fraser Valley with six clubs, and Cariboo North East with six clubs.

Growing zones are Thompson-Okanagan with three clubs and Kootenays with two clubs.

Qualifying

Zones with more than one club will hold Games tryout races during the fall and early winter before the Games. Others will select the best possible team from the club.

The Sport

During the Games competition, male and female athletes skate separately; competing in four distances and are awarded points based on placement in each final. The aggregate points after four distances determines the ultimate medal winners. In each race the skaters will be vying for National, Provincial or BC Games record times. The latter were established at the 2002 Games when the sport switched to an elite format. The records set were:

Female:	500m	52.42	Kristy Fadden	Zone 3
	666m	1:09.42	Kristy Fadden	Zone 3
	777m	1:22.44	Kristy Fadden	Zone 3
	1000m	1:48.72	Carolyn MacKay	Zone 3
Male:	500m	51.22	Brooks Murtha	Zone 3
	666m	1:08.13	Brooks Murtha	Zone 3
	777m	1:20.03	Brooks Murtha	Zone 3
	1000m	1:44.13	Brooks Murtha	Zone 3

Background

Many elite Speed Skaters began training and racing for fun as early as age 3 but most become competitive after age 6. Speed Skating is a truly unisex/family sport where both genders and whole families train and compete together in a local club atmosphere. Within the Province there are 3 competitive streams: Provincial, Regional 1 and 2, with skaters progressing from level to level as their proficiency and times improve. Almost all the athletes at the Winter Games are drawn from the Provincial stream.

Canada/BC Games Alumnae

BC Games alumni who competed at the 2003 Canada Winter Games were **Tim Bodell** (1996 North Vancouver and 1997 Campbell River), **Allison Testroete** (1997 Campbell River), **Elizabeth Offin** (2000 Quesnel), and **Ricky Krieck**, (2000 Quesnel).

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Squash



Age

Under 15

Under 15 as of February 29, 2004.

National Team members and Age Group National Champions may not compete at these BC Games.

Tentative Venue

Court House Squash & Fitness

Eligibility Restrictions

(As stated in Section V 2 of the Rules.)

Events

Tournament draw to be determined by BC Games Squash Committee:

Under 15 boys

Under 15 girls

Event Format

2 Pools of 4 zones each. 2 points for a win, 1 point for a tie and 0 points for a loss will be awarded. In the event of a tie following round robin play, the number of games won versus the number of games lost between the tied teams will be used to break the tie. If a tie still exists, the number of points won, versus the number of points lost, between the tied teams will be used to break the tie.

Zone Team Composition

3 boys and 3 girls per zone, for a total of 6 athletes per zone. In addition, 1 coach plus 1 chaperone of opposite gender per zone.

Coaching

Squash BC states that all coaches must be fully certified NCCP Level 2.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V11(a) of the Rules and following Sections on Zone Information.)
The Provincial Organization states that all Zone Playoffs are to be completed by January 18, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V11(b) of the Rules.)

Provincial Sport Organization Fees and Affiliation

All competitors must be members of Squash BC. A minimal entry fee may be charged at the Zone Playoffs.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 4 officials. (Check Section V11(c) of the Rules.)

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Squash Preview: The First Step to Provincial Teams

BC Winter Games – Port Alberni – 2004 will play a vital link in the Squash BC junior development program. Athletes enter the sport of Squash traditionally around the age of 11-13 and by the time they have had a year or two of instruction and training they are ready to begin their competitive years.

The BC Winter Games are the ideal vehicle to introduce our young athletes to the aspect of a team competition, travel, and social interaction with other athletes. Using athletes that are under 15 allows us to identify future Canada Games athletes and Provincial Team athletes.

The benefits of the BC Winter Games reach deep into the sport of Squash. So much so that Squash BC organizes a BC Winter Games style event for the non-games years. Even in non-games years, the Games are an annual and vital part of Squash BC's junior development program.

The Games also build local talent at play-offs in each zone. Young athletes mix and compete at the local level and earn the right to represent their zone.

Athletes to Watch

*Traditionally **Vancouver Island** has produced the greatest number of juniors, and in particular, **Victoria** has been the hub. This is attributed to solid dedicated coaches there. The **Lower Mainland** is now going through a growth stage and is showing signs of producing some very talented young athletes.*

*For the boys we should be watching for North Vancouver's **Ryan Herden** and Victoria's **Ben Gudewill** and for the girls we should keep an eye out for **Emily Parsons** of Victoria and **Sofia Lord** of Vancouver.*

The BC Winter Games require a level 2 coach with each zone team. This provides valuable experience for coaches to become accustomed to travelling and coaching in a team environment. The Games are also a stepping-stone for coaches who wish to pursue their coaching careers and perhaps coach Team BC at Canada Games or a provincial team in the future.

Host Community Legacy

The BC Winter Games is a way to encourage new facilities to be built, upgrading of existing facilities, or expansion of facilities. In Williams Lake, for example, there were no squash courts. Thanks to the BC Winter Games, Williams Lake now has two beautiful squash courts that will remain and become a legacy to the community.

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Swimming – Swim BC



Age

Under 15

Able-Bodied: A competitor's maximum age will be 14 years as February 26, 2004. There will be no minimum age requirement.

Over 12

Swimmers with a Disability (SWAD): Minimum age is 12 years as of February 26, 2004

Over 13

Special Olympics – Minimum 13 years of age as of February 26, 2004.

Tentative Venue

Echo Aquatic Centre

Eligibility Restrictions

Able-Bodied: (In addition to those stated in Section V-2 of the Rules.) Any swimmer holding a SNC Junior National qualifying standard will not be eligible to compete. There will be no minimum standards for the meet as it will be the responsibility of each regions technical committee to set the criteria for team selection. The number of swims a competitor can enter is as stated in BC Provincial Championship Rule 1.14 – 2002 Swim BC Tech Guide.

Swimmers with a Disability (SWAD): Athletes must be members in good standing with SportAbility / CP Sports of BC or must be members in good standing with BC Blind Sports.

Special Olympics – All athletes must be registered with BC Special Olympics Society prior to the selection deadline, and must have participated in a provincially sanctioned Special Olympics Event in 2003.

Events

Boys and Girls -- 12 to 14

Day 1		Day 2	
Session 1		Session 2	
400m	Freestyle	100m	Backstroke SWAD / SO
100m	Butterfly	200m	Backstroke
100m	Breaststroke SWAD / SO	100m	Freestyle
200m	Breaststroke	75m	IM SWAD or
4x50m	Freestyle Relay - SO	100m	IM SWAD / SO
		200m	IM

Day 2		Day 3	
Session 3		Session 4	
400m	IM	50m	Freestyle SWAD / SO
50m	Backstroke SWAD / SO	50m	Freestyle
100m	Backstroke	200m	Butterfly
100m	Freestyle SWAD / SO	50m	Breaststroke SWAD / SO
200m	Freestyle	100m	Breaststroke
		4x50m	Freestyle Relay
Session 5			
200m	Freestyle SWAD / SO		
50m	Butterfly SWAD / SO		
800m/1500m	Freestyle		
4x50 m	Medley Relay		

Team Participation

Swimmers can enter up to a maximum of 9 events plus relays (as per BC Championship Rule 1.14 – 2002 Swim BC Tech Guide).

Relay Participation

Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team. Competitors may not swim a stroke/distance in a relay event that they are ineligible to swim as an individual. Each zone will only have one designate that will count towards points, but may swim others for time only.

Zone Team Composition

Able-Bodied: 20 athletes per zone (10 male and 10 female) plus 2 coach/managers per zone. The coach and manager must be 1 male and 1 female.

Athletes with a Disability: Maximum 16 athletes plus 3 coach/managers who must reside with athletes in Games accommodation.

Special Olympics – Maximum of 12 male and 12 female athletes and 6 coach/managers.

Coaching

Swim BC: states that all coaches must be fully certified NCCP Level 1, plus Level 2 Theory

Athletes with a Disability: states that all coaches must be fully certified NCCP Level 1, plus Level 2 Theory.

Special Olympics – states that all coaches must be fully NCCP Level 1 CSO certified, plus Level 2 Theory.

Accommodation

Coaches/chaperones/team managers are required to travel on BC Winter Games transportation and stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Any participant under the age of 19 who resides outside of Port Alberni School District #70 must reside in BC Games accommodation. The exception to this is any participant with a disability under 19 years may choose to reside outside BC Games accommodation. Participants 19 and older may reside in BC Games accommodation or choose and book local accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for BC Games transportation. BC Games will provide three meals per day as per bus and meal schedule.

Zone Playoff Entry Deadline

Able-Bodied: (Check Section V-11(a) of the Rules and following Sections on Zone Information.) The Provincial Organization states that all zone selections must be completed by January 11, 2004 and that all entry grids must be submitted by January 18, 2004, to the Provincial Advisor.

Athletes with a Disability: athletes must submit a qualifying time/distance before January 13, 2004 to the Provincial Advisor.

Special Olympics – All selections will be determined by BC Special Olympics no later than January 15, 2004.

BC Games Entry Deadline

Registration Forms must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

Competitors must be registered with Swim BC.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 7 officials. (Check Section V-11(c) of the Rules.)

Athletes with a Disability: 2 officials

Special Olympics: 2 officials

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Swimming Preview: Top Swimmers 14 and Under Hope to Catch the Wave to the Olympics

Many of the top Under 14 swimmers in the province will meet in Port Alberni for a competition that will identify the next wave of top BC swimmers in the swimming pool. The Games will bring together some of the best young talents in BC aged 14 and Under who will compete both individually and in a team atmosphere. The meet format is similar to Canada Games and Olympic Games.

Athletes to Watch

Traditionally strong zones are Zone 3 **Fraser Valley**, Zone 4 **Fraser River-Delta**, Zone 5 **Vancouver-Squamish**, and Zone 6 **Vancouver Island-Central Coast**. Also producing top provincial team swimmers are Zone 2 **Thompson-Okanagan**, and Zone 8 **Cariboo North East**.

Among the leading swimmers eligible for the Games include **Jennifer Self (Vancouver)** of the UBC Dolphins, **Kelsey Chapman (Prince George)** of the Prince George Barracudas and **Jessica Crepnjak (White Rock)** of the Pacific Sea Wolves. **Willem Hergesheimer (Nanaimo)** of the Nanaimo Riptide Swim Team, **Sandy Lockhart (Vancouver)** of the UBC Dolphins and **Judd Grossman (Prince Rupert)** are also expected to play a large part in the competition.

Swimmers qualify for the BC Winter Games by meeting or exceeding the regional selection criteria in specific events at Swim BC sanctioned meets held prior to the registration deadline for the BC Games. Swimmers with times that qualify may be contacted through the zone rep. Provincial Records for the various age groups are available at www.swim.bc.ca.

Games Alumnae and Other Top Swimmers

Brian Johns of Richmond swam at the 1996 North Vancouver Winter Games, and has gone on to represent Canada at the 2000 Sydney Olympics and won a silver medal at the 2002 Commonwealth Games. Just this past year Brian established a new World Record in the Short Course 400 IM enroute to the CIS Swimmer and Athlete of the Year Award.

Other top BC swimmers are Olympians **Rick Say, (Salmon Arm)**, **Jessica Deglau, (Vancouver)**, **Christin Petelski (Victoria)**, and world open water 4th place **Karley Stutzel of Victoria**.

Background

The best competitive swimmers start in a swim club after lessons at about 7 years of age, and swim twice a week. At 10 they train 3-4 times per week, and at 12 they swim 12-14 hrs /wk. After a BC Games experience, top swimmers train 16-18 hrs/wk for selection to provincial (Canada Games (U 19) and national teams.

Media Contact

Chris Hindmarch-Watson, Program Director, Swim BC (604) 734-7946, staff@swim.bc.ca

Swimmers with a Disability: Paralympic Hopefuls Attend for First Time

Sixteen of the top swimmers with disabilities in BC will be included for the first time in BC Winter Games (*who are not already on the national team). Swimmers must first compete in the BC Disability Games, then qualify for the Games with a time standard.*

The gold medal is won by the athlete who is closest to the world record in their classification, the silver will go to the next closest to the world record etc..

*Wherever possible, swimmers train with able-bodied clubs. Leading coaches are **Derek Schoof (Vancouver)** Pacific Dolphins, **Craig McCord (Richmond)** Richmond Rapids, **Craig Pollard (Maple Ridge)** Hainey Seahorses, **Neil Harvey, Victoria) Tyee Swim Club**. Swimmers come from most of the zones, with the majority coming from **Victoria and Ft. St John**.*

Media Contact

Terrie Moore at above contacts.

Qualifying Begins for 2005 Canada Summer Games

Special Olympics is a worldwide program providing sports training and competition for people with a mental disability. Canadian Special Olympics is recognized by Sport Canada as the main provider of these services to people who have a mental disability. BC Special Olympics was incorporated in 1980 and now joins over a million athletes from over 170 countries throughout the world.

The BC Winter Games are an integral component of the BC Special Olympics Athlete Development Model as they act as one of the main qualifying events for future National and International Competitions including the Canada Games. Many of the athletes that you will have the opportunity to see in Port Alberni will be competing for spots on the BC Special Olympics Training Team for the 2005 Canada Summer Games in Regina, Saskatchewan. The 2004 BC Winter Games are just one of the hurdles in the year long qualification process for this prestigious honor and will undoubtedly showcase some of the best young talent Special Olympics has to offer.

Athletes

Traditionally athletes from zones 2, 4, 6, and 8 have been right at the top of the medal podium at the BC Games, a tradition that is not expected to change in Port Alberni. Be sure to watch for them and also keep an eye on the swimmers from zone 7 as they have started to show in the past couple of years that they will be a force to be reckoned with in the pool in future years.

Coaches

Led by some of BC Special Olympics most experienced coaches the BC Games are used as a stepping stone for coaches wishing to move onto higher levels of competition including Western Canada Games, Canada Games and International competitions. The BC Games are an excellent mentoring opportunity for some keen and enthusiastic coaches that will surely put on a show in Port Alberni.

Media Contact

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Table Tennis



Age

Under 18

Athletes must be born in 1986 or younger.

Athletes may attend only one BC Games to compete in Table Tennis.

Tentative Venue

Ha-Ho Payuk Elementary

Eligibility Restrictions

(In addition to those stated in Section V-2 of the Rules.) The BCTTA Selection Committee will be the final arbiter of playing qualifications. Competitors must be members or affiliate members of BCTTA

Events

1. Inter-Zone Team Format, Men and Women
A vs X, B vs Y, C vs Z, A vs Y, and B vs X
2. Mixed Doubles - knock out competition.
3. Men's Doubles
4. Women's Doubles
5. Men's Singles.
6. Women's Singles.

First stage of both singles will be played in "round robin" groups of 4-6 competitors. First two of each group advance to knock-out competition.

Individual Participation

Each competitor must enter both a Singles and a Doubles event. Second Doubles is optional. Only players from same zone may make-up a doubles team.

Zone Team Composition

3 male and 3 female competitors plus 2 coach/managers per zone. (one male and one female).

Coaching

The BC Table Tennis Association states that all coaches or managers must be a fully certified NCCP Level 1 coach, plus Level 2 Theory.

Rules

I.T.T.F. rules and regulations will be in effect.

The surface of one side of the racket shall be bright red and the surface of the other side shall be black.

A player shall show his opponent and the umpire the racket he is about to use and shall allow them to examine it.

Playing clothing shall normally consist of a short-sleeved shirt and shorts or skirt, socks and playing shoes (non-marking soles), part or all of a tracksuit, shall not be worn during play except with the permission of the referee.

White 40mm balls will be used in all competitions.

All individual matches shall consist of the best of 5 games (11 point games). Interval between successive games shall be not more than 1 minute.

In "round robin" group 2 match points shall be awarded for a win, 1 for loss in a played match and 0 for a loss in an unplayed or unfinished match and the ranking order shall be determined primarily by the numbers of match points gained.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Zone Playoff Entry Deadline

(Check Section V-11(a) of the Rules and following Sections on Zone Information.) A minimal entry fee may be charged at the Zone Playoff - to be determined by the Zone Representative. The Provincial Organization states that all Zone Playoffs to be completed by January 13, 2004.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. Late entries **will not** be accepted. (Check procedure in Section V-11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All athletes must pay C.T.T.A. rating fee of \$3.00. Competitors must be members in good standing with the BC Table Tennis Association or pay a one-time participation fee of \$5.00.

Registration Fees

The BC Winter Games registration fee of \$50.00 must be sent to the BCTTA office (303-1367 W. Broadway, Vancouver, BC V6H 4A9) with the rating fee of \$3.00 per athlete and \$5.00 fee for non-BCTTA members, along with the BC Games registration form. All cheques must be made payable to BCTTA.

Officials

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for 12 officials. (Check Section V-11(c) of the Rules.)

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Table Tennis Preview: 2008 Olympic Hopefuls are Coming

History

There are various accounts on the origin of Table Tennis. It started from an obvious drive to play the already established Lawn Tennis on a table indoors. Table Tennis was first played with improvised equipment in England during the last quarter of the 19th century. Starting in 1900 Table Tennis found its way to other countries, mostly in Central Europe – Austria, Hungary, and Czechoslovakia. The International Table Tennis Federation was created in 1926 and the first World Championships were held in London, England in the same year.

Table Tennis has developed into a major worldwide sport with estimated 40 million competitive players and many more millions who play it less seriously.

At the international level Table Tennis demands the highest degree of physical fitness and mental concentration. There is no sport requiring faster reactions and more delicate muscular coordination than Table Tennis.

Table Tennis was recognized as an Olympic sport and was included for the first time in the Summer Olympic Games in Seoul in 1988 and successfully staged at every Games since.

Athletes

*Traditionally the strongest players are from zone 5, **Vancouver-Squamish**, zone 4, **Fraser River-Delta** and zone 3, **Fraser Valley**. These zones contain some very successful private clubs like Bridgeport Sports Club and River Club in Richmond.*

Athletes for the zone teams will be selected by playoffs in each zone as per the BC Games Rules Book. Dates will be advertised by zone representatives from each zone. This is the first time that athletes age category is restricted to 18 and under for all the zones, including those from outside of the Lower Mainland. This was a very important and necessary step in order to utilize the BC Games as a stepping-stone in athlete development.

For some of the athletes coming to these BC Winter Games, it will be their first step on their long journey to becoming Olympic athletes for 2008.

Top Athletes from BC

*BC Table Tennis has 2 athletes who represented Canada at past Olympic Games – **Barbara Chen** in 1988 and 1992 and **Chris Xu** in 1998 and 2002. Chris became North American Champion 2003 in San Diego, CA. Team BC achieved a very impressive result at the Canada Winter Games in New Brunswick in 2003, capturing a Gold medal. Coming to these Games the BC team was ranked number 4. The members of the gold team were **Angela Chai, Ruffi Huang, Joy Yiu, Fiona Yu, Peter Chiu, Enoch Yiu, Aron Ng, and Nathan Phang**. Most of these athletes competed at the Williams Lake 2002 BC Winter Games.*

Media Contact

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Weightlifting - Olympic

Age

Under 23

Minimum age is 12 years as of February 26, 2004, but not over 18 years of age.

Tentative Venue

Alberni & District Sr. Sec. Theatre

Eligibility Restrictions

(In addition to those stated in Section V 2 of the Rules.) Any athlete who has been selected to a Provincial Team representing British Columbia at National Events will not be eligible to compete at the BC Winter Games. Athletes may only attend one BC Games as a competitor.

Weight Categories

Competition is based on the total of the two lifts – The Snatch and The Clean & Jerk. Each competitor must complete at least one attempt in both lifts to register a Total. The format of the competition will be 4 equal sessions of athletes (2 men's groups – light & heavy and 2 women's groups – light & heavy) competing against each other using the Sinclair Formula (which compares athletes of different bodyweights) to determine the eventual medallists. Awards will be given to the top 3 athletes in each session (12 total medals). Provincial weight categories will be recognized for record purposes.

Zone Playoff Entry Deadline

(Check Section V 11(a) of the Rules and following Sections on Zone Information.) There will be a "Lift Off" in each zone during December 13-20, 2003. Zone Representatives will be notified. At this time, competitors from each zone will be chosen.

Zone Team Composition

A maximum entry of 40 competitors in total with 4 athletes per zone (2 male and 2 female). Also, there will be 8 additional wildcard spots available (4 male and 4 female) to be assigned by the Provincial Advisor. A maximum of 4 wildcard spots can be obtained by any one zone. One coach/manager per zone.

BC Games Entry Deadline

Registrations must be received by the BC Games Office no later than 4:00 pm on Monday, January 26, 2004. (Check procedure in Section V 11(b) of the Rules.)

Provincial Sport Organization Fees & Affiliation

All participants (athletes, coaches, managers, officials and chaperones) must be members of the BC Weightlifting Association (BCWA) for the current year.

Coaching

The Provincial Sport Organization states that all coaches must be fully certified NCCP Level 1, plus have completed NCCP Level 2 Theory and NCCP Level 2 Technical.

Accommodation

Coaches/chaperones/team managers are required to stay in BC Games accommodation, unless they reside in the Port Alberni School District #70. (See Section V-6 of the Rules)

Officials

Transportation, accommodation and meals, as arranged by the Host Community, will be provided for 9 officials, which includes the Sport Advisor and the Sport Chair. (Check Section V 11(c) of the Rules.)

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Olympic Weightlifting: The First Introduction of our Athletes to Major Games

The best athletes between the ages of 12 – 18 are selected from each zone to compete in Port Alberni, at the 2004 BC Winter Games. The selection is determined, through zone playoffs ("Lift Off") scheduled throughout the province, December 13-20, 2003.

As a Core Sport within the BC Games, this is an important tool in the grassroots development of the Sport of Olympic Weightlifting. Olympic Weightlifting is also considered one of the core training movements for most athletes from other sports.

The Benefits of Olympic Weightlifting

In a quest to use the best form of strength training, coaches and sport scientists have closely examined the sport of Olympic Weightlifting. After all, weightlifters are among the strongest, most powerful athletes in the sporting world. After years of fighting for public acceptance, nearly all audiences realize that lifting weights offers many varied benefits, including the following:

- *Increased strength and power for improved sport performance*
- *Improved muscular development and body composition*
- *Injury prevention or rehabilitation*
- *Improved health*
- *An opportunity to participate in competition*

Coach Development

The BC Games zone coaches are required by the BC Games Society to be fully certified NCCP Level 1 and have completed Level 2 Theory. Additionally, BC Weightlifting requires the coaches to have completed NCCP Level 2 Technical. A clinic will take place prior to the Games and during the Games to evaluate the coaches on the Practical component of NCCP so that they can become fully certified NCCP Level 2 coaches.

Official's Development

Provincial Category #5 and #4 Official's have been selected to participate at the BC Winter Games. A clinic will take place prior to the Games and during the Games, as well as an evaluation of their performance as an Official by an International Category #1 Official. Along with the evaluation, the Official's will be required to write their exam to be certified to a higher level (Provincial Category #4 and National Category #3).

Media Contact

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XV. BC Games News Service

1. News for All of BC

The BC Winter and BC Summer Games have made significant changes since February 2000. By focusing on young athletes moving up to higher levels of competition, the BC Games are news in every region, in every sport.

Because the BC Games reserve space for a full team from all eight zones of the province in each sport, news from the BC Games is guaranteed for every part of BC. (See the BC Games Zone Structure in Section II.)

2. The BC Games: Who, What, Where, Why, and When

Who - The Best Under - 18 Athletes in BC

Over 2,300 participants will take part in 25 sporting events. Approximately 50% of the participants are female. Athletes with physical and mental disabilities will compete in three sports.

Over 3,000 volunteers from Port Alberni stage the BC Winter Games, and hundreds more prepare and accompany the athletes.

Athletes attending the BC Games are in the early stages of the athlete development ladder in their sport. The BC Games Society encourages provincial sport organizations to select athletes who are:

1. younger than the sport's youngest provincial team;
2. the best athletes in the age group, from each zone;
3. within a narrow age range, preferably 2 years, to provide the BC Games experience to the most athletes, and to reinforce the athlete development model in each sport.

As a result, the BC Games are a preview of BC's future Canada Games, college, university, international, Paralympic, Olympic and professional athletes.

Regional representation is high at BC Games because each of the eight zones of the province is invited to bring a full team in every sport. Transportation, accommodation, food, entertainment, and competition are provided for every participant. This minimizes the logistical and financial challenges of attending for all regions of the province.

The BC Games are an important developmental opportunity for coaches and officials, and other sport leaders. Evaluation, upgrading, and clinics take place before and during the BC Games.

A major story of the BC Games is the volunteer-run organization in the host community. A volunteer board of accomplished community leaders manages over 3,000 volunteers who organize and stage the BC Games. They have support from a small local staff, and from the BC Games Society.

The BC Games Society is governed by a volunteer board of sport, business and community leaders from across the province.

What - 25 Sports and a Public Celebration

The Port Alberni 2004 BC Winter Games are the largest winter multi-sport event in BC.

The 25 sports include: badminton, basketball-wheelchair, biathlon, bowling, curling, fencing, figure skating, gymnastics, hockey, judo, karate, netball, ringette, skiing-alpine, skiing-cross country, skiing-freestyle, speed skating, squash, swimming, table tennis, and weightlifting.

Competition in each sport takes place over 2.5 days, culminating in medal rounds. Some sports include clinics for athletes, coaches and officials where competition schedules do not fill 2.5 days.

The level of competition is comparable to similar age-group provincial championships, although regional representation is higher at BC Games because of the travel and accommodation support provided by the BC Games Society.

Athletes compete for gold, silver and bronze medals. Social events with other athletes from around the province are a highlight of the BC Games.

A major cultural component features opening and closing ceremonies and an evening MainStage where the public is invited to celebrate talent from home and across the province. Details will be available closer to the Games at www.portalberni2004.com.

Where – Port Alberni, BC

The Games will take place in Port Alberni, BC with some venues in neighbouring communities. See a list of venues at http://www.bcgames.org/host_cities_sport_packages.html

Communities around BC compete to host the BC Games. The 2004 BC Summer Games will be held from July 15-18, in Abbotsford. The 2006 BC Winter Games will be held in Trail, and Kamloops will host the 2006 BC Summer Games.

Why - For Community and Sport Development

“The BC Games Society will operate the Games to develop, foster, and encourage interest and participation in sports and sporting activity, and encourage the development of community leadership, and the celebration of BC communities.

The Society will work with the BC sport community to ensure the BC Games are an integral component of the athlete, coach and official development models toward higher-level competition.” (from agreement with provincial government)

When – February 26 – 29, 2004

The BC Winter Games are held every two years.

A schedule of sport and public events is prepared closer to the Games, and available at www.portalberni2004.com.

3. Services to BC Journalists

Zone Editors

A feature of the BC Games is zone editors in each zone who work before the BC Games to promote the zone qualifications and team selection with regional media outlets. Daily provincial and zone releases will highlight movement on the medal standings and finals to watch for each zone team.

Story ideas

The BC Winter Games are 2.5 days of competition, but they are about much more. Here are a number of story ideas, which we update on our web site. Call for details.

Here's a sample:

The Culmination

For many, the BC Games are the culmination of months and years of preparations. Coaches are doing great things in all regions of BC to prepare young athletes.

Famous Alumnae

The BC Games were part of the development of many athletes from all parts of BC who have represented BC at Canada Games, attended Olympic Games, won university scholarships, competed internationally and played professionally. Examples are Olympians Rob Boyd (alpine skiing), and Leah Pells (athletics), and world cup rugby player, Pat Dunkley. This number will grow with the new focus on developing young athletes.

Regional Development

Sport leaders in many regions say BC Winter and BC Summer Games are an important incentive that drives membership, and motivates coaches. The BC Games are an attainable goal for young athletes.

Volunteers

The BC Games are organized almost entirely by volunteers, as are the preparations of the athletes. Few other sporting events attract the same level of volunteer commitment.

Economic Impact and Legacy Funds

BC Summer and BC Winter Games bring \$1.2 to \$2.2 million in economic impact to host communities and many host communities generate significant legacy funds that benefit community projects after the Games.

PacificSport Regional Sport Centres

In six of the eight BC Games zones PacificSport regional sport centres are bringing new services to provincial team and higher-level athletes. Some BC Games athletes are coached by centre coaches as part of their recruitment and development programs.

Contacts in each sport and each zone

Contacts for each sport in each of the eight zones, and with provincial sport organizations, are available in this book, in the respective sport section, and in updated versions at http://www.bcgames.org/host_cities_rule_books.html

Please contact them directly.

Participant Lists Available Early February

Within a week of the January 26, 2004 registration deadline, lists of participants by zone and hometown and sport are available. Lists are available on the web site at www.bcgames.org. A media advisory in February will remind journalists.

Results

Results will be available in several formats on the web. Also, Canadian Press agate style results will be available on Canadian Press wire service and downloadable from the web.

Media Centre at the Games

A media centre with phone and computer access, results, schedules, transportation, accreditation, and other information will be available in Port Alberni. We encourage you to attend the BC Games and experience it first hand.

Media Accreditation

Accreditation allowing access to competition venues will be available. Watch for the February media advisory for details, or contact us at info@bcgames.org.

4. Major Dates

- November: Zone qualifications begin
- February: Media Advisory, reminding journalists of services available
- Early February: Participant lists available
- February 26-29: The Games. Results available.