



by Melanie Gukert

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Trojan Volleyball



Two Volleyball Players

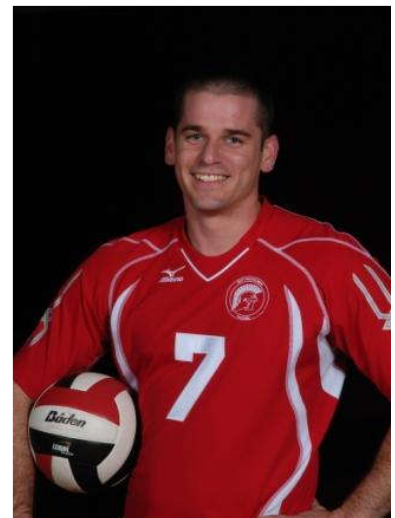
2008-2009 SAIT Trojan Athletes of the Year



Female - Jessica Hamel
Women's Volleyball

Throughout the year, Jessica was a presence on the court and every weekend, she brought in huge stats for her team. For Example, against Mount Royal in January, she had 26 kills and 31 digs and against Briercrest in November where she recorded 33 digs and 15 kills, with a couple of service aces. For the 2008-09 regular season, Jessica was ranked fourth in the South Division in digs with 289. She was also 10th overall in kills in the South with 214. During the playoff weekend at Mount Royal, Jessica ranked 11th overall in digs with 65 and had 28 kills. She was named to the South Division All Conference Team. Hamel has received the All-Conference team award for 5 years. She also made a position change which is difficult for any player. Jessica is positive and always on the court pumping up her team. Jessica worked hard in the Human Resources and Labour Program through the University of Lethbridge. As a leader by example, she has worked to become a great Trojan athlete and will be missed by the Women's Volleyball program. Hamel is loved by her teammates and respected by her coaches.

After overcoming what was thought to be a season ending injury, Aleksei brought the team back from being 3 and 7 in the first semester to 7 and 3 in the second semester. Even though he missed the 1st semester, the coaches made an exception and awarded him to the South Division All-Conference Team. In the regular season, Aleksei was 1st overall in service aces with 30 in only 37 games and was 8th overall in kills with 148. Myroniuk had a presence on the court and was dominant in his left side position. During the regular season, against Mount Royal in January, he had 32 kills, 11 digs and 4 aces. In the playoff qualification weekend against Lakeland, he had 26 kills and 10 service aces. Aleksei has academic success in Mechanical Engineering. He is a past Provincial Team 16 and Under Assistant Coach and is, by far, the best Trojan Outreach Program Coach on their team. Aleksei is the best leader anyone could ask for, who gave absolutely everything to his team and the institution this year.



Male -Aleksei Myroniuk
Men's Volleyball

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Lisa Szabon—Volleyball Alumni and Olympic Hopeful



Lisa Szabon Grew up in Nanton, Alberta CANADA and spent much of her young life playing almost any sport that was offered. Lisa is noted for being a well rounded, “natural” athlete who came to play volleyball and compete in competitive swimming in college for the SAIT Trojans; the only athlete at that time to double sport.

During Lisa’s time at SAIT she earned a diploma with honors in the Digital Graphics Communications program. After graduation Lisa was recruited to join the bobsleigh team but chose to go after her career in Red Deer, Alberta instead.

“The Bobsleigh coach would call or email me every 3 to 6 months when I moved back to Calgary I decided I would go to an Identification camp,” remembers Szabon, “I figured they would see how out of shape I was and they would just leave me alone.”

She started training with National Team members the very next day and the rest, as they, say is history.

Lisa has climbed in ranks in the bobsleigh world annually, qualified for the World Cup team in just her 4th year of piloting (also her 4th year in the sport) and continued into her fifth season on the World Cup again in 2008/09.

The Sport of Bobsleigh is a sport of great speeds and incredible physical strength. Athletes focus greatly on heavy lifting, Olympic lifting and being able to move heavy weights at fast speeds. And that’s just for the PUSH START!

The second component of Bobsleigh is the drive, the piloting of the sled down the track. A position that Lisa holds with great pride and growing skill. A pilot is charged with the duty of coaxing and guiding the sled down the track as smoothly and quickly as possible. Races can be won or lost by just 100/dths of a second, something as simple as moving your toe at the wrong time or taking one millimeter too much of the track on the way down. Everything must be precise and exact while traveling at great speeds!

Bobsleigh can be compared in Europe to that of NASCAR in North America; a thrill to watch with many spectators. The 2008 World Championships in Altenberg, Germany alone had over 15,000 spectators in ONE DAY. Just imagine the energy in the air.

The Whistler, BC track will average speeds of over 140km/hr possibly breaking 150km/hr for all disciplines! Bobsleigh is a sport of great risk and great adrenaline rushes, always challenging the breaking point of speed and safety.

The Path to the 2010 Olympic Games is filled with moments of exhaustion, extreme training and constant searches for more speed. Three Canadian sleds are capable of qualifying for the Olympic team, dependent on overall Nation points earned during the Olympic season. The 3 qualifying Canadian sleds MUST be ranked in the top 15 internationally on the FIBT ranking system at the end of the October 1, 2009 to January 11, 2010 qualifying period.

Come support your Women’s Bobsleigh National Champion and Future 2010 Olympian at the 4th annual Szabon Bobsleigh Scramble. All proceeds go towards the final payment of Lisa’s Olympic sled and other financial needs as she works toward officially qualifying for the Olympic team. Excess proceeds go towards a community fund to help other aspiring athletes or small town initiatives.

July 17th, 2009 Friday
Nanton Golf Club - Nanton, AB
8:30am Registration
9:00am Shot Gun Start

TEXAS SCRAMBLE \$125/person

www.szabon.com

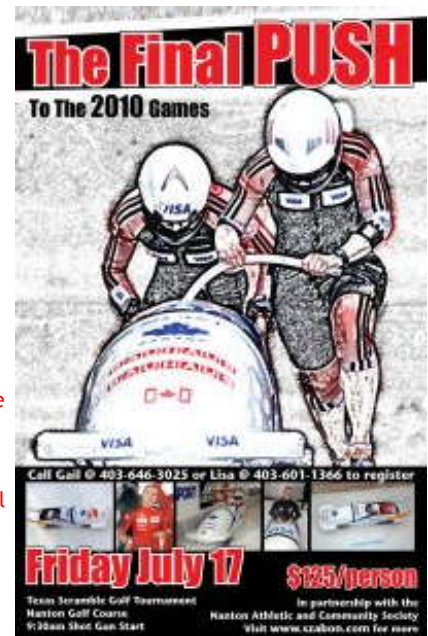
Includes:

- Power golf cart
 - 18 holes of golf
 - Full meal at end of day
 - Muffins and coffee at registration
 - Chance to win 2 tickets to the February 24, 2010 Women’s Bobsleigh Olympic Finale
 - Great Prizes!
 - Enter to name the sled that Lisa will be competing in. \$5/entry (it’s tradition to have a catchy name for the bobsleigh teams race in - gives it life)
- Example names are: Rico, Fernando, Dorothy, Bertha, Sigdus, Night Train, Whistler Bomber (all have been used or are in use)
- OPEN TO EVERYONE! Even non-golfers
- Leave your mark behind by submitting your signature, an inspirational line or something to give Lisa that added boost as she fights for an Olympic medal. This will be created into a sticker that will be applied to and kept on Lisa’s sled for the full World Cup season. Special thanks to all those that are supporting Lisa and a way of carrying them with her.

Call Lisa at 403-601-1366 or email at lisa@szabon.com for more information.

Call Gail or Bill at 403-646-3025

Hole Sponsors (\$250/hole) and prize donations are being accepted.



Trojan Volleyball Alumni Tournament



If you would like more information or would like to attend the tourney or even just the after party, please contact us by email at trojan.volleyball@shaw.ca

Players can RSVP as individuals or as teams.



Players from last years tournament!



**Alumni
Tournament
September 26, 2009
RSVP NOW!!!**



New Women's Volleyball Coach for 2009-2010 Season



The SAIT Trojans are proud to announce the new Head Coach for the Women's Volleyball Team, Diane Clarke. Replacing Ernie Tsu in the 2009-10 season, Diane will be in her second year with the SAIT Trojan Women's Volleyball team, after serving as the assistant coach for the team in the 2008-09 season.

Diane is looking forward to the upcoming season fueled by her experiences with the Trojans last season. While working with the Trojans, she was impressed with the "amazing work ethic of the athletes. Each Trojan player was determined to improve; and put the necessary efforts in on a daily basis. This dedication demonstrated the potential the SAIT program has - which was a huge factor in my decision to continue with the 2009/2010 team."

Diane is a NCCP Level 2 certified volleyball coach and has several years of coaching experience including assistant coach of the U16 Alberta Provincial Team in 2008 and U18 Ontario Provincial Team. Furthermore, she served two years as the head coach of both the Cochrane Jaguars and the Canadore College Women's Volleyball in North Bay, Ontario. Diane played with the University of Western Ontario while completing her Bachelor of Science in Kinesiology. She went on to obtain a Master's of Science in Kinesiology (Sport Psychology) from the University of Calgary. Diane is also a Provincial Level Volleyball Official.


"We are very excited Diane is joining our Trojan coaching staff. She brings a strong technical background and excellent connections from the Women's Volleyball community. This should help take our Women's Trojan team to the next level." - Ken Babey

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2009 Volleyball Schedule

10/17/2009	MHC	@	SAIT	W 6pm/M 8pm
10/30/2009	Briercrest	@	SAIT	W 6pm/M 8pm
10/31/2009	Briercrest	@	SAIT	W 1pm/M 3pm
11/06/2009	RDC	@	SAIT	W 6pm/M 8pm
11/14/2009	Lethbridge	@	SAIT	W 6pm/M 8pm
11/28/2009	MRC	@	SAIT	W 6pm/M 8pm



To get a coupon for yourself and your family for the Alumni Night game, please email us at trojan.volleyball@shaw.ca

