

Saskatchewan High Schools Athletic Association



E-NEWSLETTER
March 2025

ACTIVITY INFORMATION:

Provincial Playoff information for 2025 [Curling](#), [Wrestling](#), [Basketball](#), [Badminton](#), and [Track & Field](#) has been updated on each of the corresponding activity pages on the website. Further updates will be made to the website as information is made available by hosts.

REGIONAL & PROVINCIAL CURLING PRESENTED BY:



Regional Curling will be held February 28 & March 1, 2025.

Provincial Curling will be March 7 & 8, 2025. Provincial host sites are Wynyard (Boys), Wawota (Girls), Unity (Open Mixed), and Prince Albert (Open Doubles).

REGIONAL & PROVINCIAL WRESTLING:

Regional Wrestling will be held March 1, 2025 at Carrot River Valley School.

Provincial Wrestling will be March 7 & 8, 2025 at the University of Regina.

CONFERENCE & REGIONAL BASKETBALL:

Conference Basketball will be held March 7 & 8, 2025.

Regional Basketball will be held March 14 & 15, 2025.

HOOPLA 2025:

HOOPLA will be held March 20-22, 2025 in Saskatoon.



#1-575 Park Street
Regina, SK. S4N 5B2
306-721-2151
shsaa@shsaa.ca
www.shsaa.ca



FALL SPORTSMANSHIP AWARDS:

Congratulations to the recipients of the fall activity sportsmanship awards:

SOCCER	
Girls	Maymont
Boys	Waldheim

VOLLEYBALL	
1A Boys	LeRoy
2A Boys	Lashburn
3A Boys	Biggar
4A Boys	Moose Jaw Vanier
5A Boys	Estevan

VOLLEYBALL	
1A Girls	Allan
2A Girls	Gravelbourg
3A Girls	Makwa Sahgaiehcan
4A Girls	Fort Qu'Appelle Bert Fox
5A Girls	Swift Current

SPORTSMANSHIP BANNERS:

There are 4 Sportsmanship Banners that are available to team's that have been nominated at either the conference or regional championships that exemplify exceptional sportsmanship. If the nomination is accepted, the teams will be honored and recognized in the same manner as our sportsmanship recipients from provincial championships. If you would like to nominate a team, please see the nomination form on our website:

[Nomination Form](#)

SPRING 2024-2025 START DATES & PROVINCIAL CHAMPIONSHIPS:

Sport	Start Date	Provincial Championship Date
Badminton	February 3, 2025	May 10, 2025
Track and Field	March 24, 2025	June 6-7, 2025

WISC 2025:

The SHSAA Women in Sport Conference will be held June 13 & 14, 2025 in Saskatoon at the U of S. Stay tuned for more details in April 2025!



#1-575 Park Street
Regina, SK. S4N 5B2
306-721-2151
shsaa@shsaa.ca
www.shsaa.ca



2025-2026 START DATES & PROVINCIAL CHAMPIONSHIPS:

<u>Sport</u>	<u>Start Date</u>	<u>Provincial Championship Date</u>
Golf	April 7, 2025	September 26-27, 2025
Cross Country	June 9, 2025	October 11, 2025
Soccer	September 2, 2025	October 24-25, 2025
Football	August 21, 2025	November 8, 2025
Volleyball	September 2, 2025	November 14-15, 2025 (1A-4A Girls & 5A) November 21-22, 2025 (1A-4A Boys)
Curling	November 3, 2025	March 6-7, 2026
Wrestling	November 17, 2025	March 13-14, 2026
Basketball	November 17, 2025	March 26-28, 2026
Badminton	February 2, 2026	May 9, 2026
Track and Field	March 30, 2026	June 5-6, 2026

DUE DATE:

Basketball Seeding Forms are due two weeks prior to the teams first playoff game (February 26 OR March 5). SHSAA will seed all conference and regional tournaments based on submitted results. The form can be found in the SHSAA Handbook or downloaded from our website: [Forms and Due Dates](#).

SHSAA MESSAGE BOARD:

Schools and coaches have access to the [SHSAA Message Board](#) to find tournaments, post tournament invites, and keep up-to-date with tournament results.

If you are interested in creating an account contact shsaa@shsaa.ca

Saskmilk

BHP

#1-575 Park Street
Regina, SK. S4N 5B2
306-721-2151
shsaa@shsaa.ca
www.shsaa.ca

SASK LOTTERIES

SaskTel

CIAAA:

Please visit the CIAAA website. Caleigh Wojcicki is the Executive Director of the CIAAA. Caleigh can be reached at caleigh@ciaaa.ca.

A reminder that each school is provided with [one FREE membership in CIAAA](#) that is intended for the school athletic director. One of the many benefits of membership includes access to an on-line resource bank loaded with materials that will assist you in your role as an athletic director.

The [National Conference](#) for the 2024-25 school year will be held in Calgary, AB from April 10-12, 2025. Early Bird Registration Deadline is March 1st!



The graphic features a red maple leaf logo with 'CIAAA' written across it. The background is a scenic view of a city skyline at sunset, with a bridge over a river. Text on the left side includes '2025 NATIONAL ATHLETIC DIRECTORS CONFERENCE CALGARY, AB' and 'CANADA'S PREMIERE PROFESSIONAL DEVELOPMENT EVENT FOR ATHLETIC DIRECTORS. FEATURING LTPS COURSES, WORKSHOPS, KEYNOTE SPEAKERS, AWARD BANQUET & MORE...'. On the right, it says 'Early Bird \$399 Register by March 1!'. At the bottom, it lists 'HOTEL ARTS DOWNTOWN CALGARY \$169/NIGHT + TAX - BOOK TODAY' and 'APRIL 10-12, 2025' with a calendar icon.

Saskmilk

BHP

#1-575 Park Street
Regina, SK. S4N 5B2
306-721-2151
shsaa@shsaa.ca
www.shsaa.ca

SASK LOTTERIES

SaskTel

At the center of every athlete experience is a coach.

COACHING MATTERS.

THE RESEARCH PARTNERSHIP THAT HELPS YOU **TELL YOUR STORY**

IN PARTNERSHIP WITH:



WHAT IS THE COACHING EFFECT?

Our athletes share countless stories about the impact highly effective coaches had on their lives; **The Coaching Effect** takes it one step further. By measuring the coaching behaviors that lead to the best experience possible for the athletes we work with.

WE MEASURE your impact across six behavioral themes

WE ANALYZE data from your athletes and their relevant outcomes.

WE COMMUNICATE FINDINGS to share your story with sport leaders and policy makers.

THE THEMES:

CONNECTION – Building Trust-Based Relationships

PSYCHOLOGICAL SAFETY – Creating Safe Spaces

STRUCTURE – Establishing Consistency

COMMUNICATION – Effective Information Sharing

CHALLENGE – Fostering Growth Opportunities

SKILL DEVELOPMENT – Advancing Athlete Competence

SCAN HERE TO LEARN MORE



WHAT YOU DO MATTERS.

80%

Of student-athletes feel that their coach cares about them as a person.

77%

Of student-athletes have fun playing the sport because of their coach.

84%

Of student-athletes agree their coach helps them learn from mistakes.

QUESTIONS, OR WANT TO PARTICIPATE? REACH OUT TO US VIA THE QR CODE OR CONTACT LKELBA@COACHINGEFFECT.CA

Saskmilk

BHP

#1-575 Park Street
Regina, SK. S4N 5B2
306-721-2151
shsaa@shsaa.ca
www.shsaa.ca

SASK LOTTERIES

SaskTel