



KINGS & QUEENS news



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RDC
Athletics

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For current news stories,
team photos, rosters and all
RDC Athletic events visit
www.rdc.ab.ca/athletics

message from the director of athletics



I hope all of you have enjoyed the first part of the RDC athletic season. A special congratulations to our women's Cross-Country Running team who were ACAC champions and national (CCAA) bronze medalists. Of special note was the performance of Jodi Sanguin who won the Alberta Championships and the National Championships. It is amazing how fast the year progresses! Soccer, golf and cross-country running have completed their seasons and curling is now in full swing. When you add basketball, badminton, volleyball and hockey you get a feeling of just how much goes on in the athletic department. I would like to thank all of our coaches, administrative staff and athletes for making the first half of the 2011/12 season so enjoyable. I am proud of the way all of you represent RDC.

Have a great holiday.

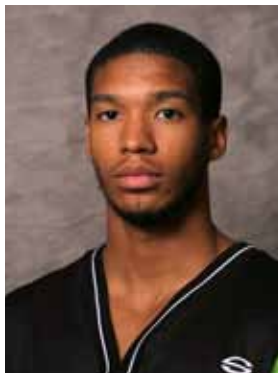
feature athletes of the week



Lauren Good
Soccer



Robert Pierce
Basketball



Jodi Sanguin
Cross Country Running



Throughout the completion of the first semester of the 2011-2012 season, three of our RDC athletes were featured as ACAC Athlete of the Week:

athletes of the week

Every week, the RDC coaches nominate deserving athletes for the Boston Pizza RDC Athlete of the Week. In the past 13 weeks, RDC has had some incredible athletes receive the award. The athletes and the dates they received recognition are as follows:



	Date	FEMALE Athlete of the Week	Sport	MALE Athlete of the Week	Sport
Sept	12	Melissa McLellan	Soccer	Connor Kiddey	Soccer
	19	Lauren Good	Soccer	Patrick Sweiger	Soccer
	26	Jodi Sanguin	XRunning	Joe Ziebart	Soccer
Oct	3	Amber Regnier	Soccer	Robert Pierce	Basketball
	10	Erin Wiersma	Basketball	Dennis Wierenga	Volleyball
	17	Mary Smith	Badminton	Kek Biel	Basketball
	24	Karlen Majcher	Basketball	RJ Wells	Basketball
	31	Jodi Sanguin	XRunning	Tucker Leinweber	Volleyball
Nov	7	Camille Trautman	Hockey	Jackson Maris	Volleyball
	14	Jodi Sanguin	XRunning	-	
	21	Kirsten Sorensen	Volleyball	Dennis Wierenga	Volleyball
	28	Rachael Hoppins	Hockey	Boston Maris	Volleyball
Dec	5	Kaitlyn Sherrer	Curling	Quentin Schmidt	Volleyball



feature athletes of the week

Lauren Good
Soccer

Jodi Sanguin
Cross Country Running

Throughout the completion of the first semester of the 2011-2012 season, two of our RDC athletes were featured as CCAA Athlete of the Week:





ACAC & CCAA Awards

CCAA Women's Cross-Country Running Gold Medalist and Member of CCAA All Tournament Team

Jodi Sanguin

ACAC All-Conference Women's Cross-Country Running Team

Jodi Sanguin
Jesslyn Begin
Melissa Cable

CCAA Women's Cross Country Running Bronze Medalists

ACAC Conference Women's Cross Country Running Champions

CCAA Women's Soccer All-Canadian

Amber Regnier

ACAC Women's Soccer Coach of the Year – South Division:

David McCarthy, Queens Soccer Head Coach

ACAC All-Conference Women's Soccer Team, South

Forward Stephanie Tremblay
Midfielder Allison Walsh
Defender Amber Regnier
Goaltender Lauren Good

ACAC All-Conference Men's Soccer Team, South

Midfielder Geng Thian
Defender Patrick Sweiger
Goaltender Brad Hughes



teamrecaps

RDC GOLF

Scott Bergdahl, Head Coach

As it turned out, 2011 was a rebuilding year for both the men's and ladies golf team. Blessed with a tremendous amount of talent, the men's team under achieved placing 6th at the Conference Championship held at Desert Bloom Golf Club in Medicine Hat. The ladies team, although one player short of a full squad this year, placed 4th, just outside a medal position at the Conference Championship.

The winter months has the golf team focusing on their indoor swing and physical fitness training more than they ever have. With the addition of a 3 dimension imaging program and a golf specific exercise program, the team is working hard at improving their games without even touching a club.

This indoor work, put together with their fundraising efforts, has the team looking forward to hitting the links in February at our warm weather training camp. This is a seven day trip to Phoenix that will have the team finish the year off developing



Stop Action Photography - Tony Hansen

their overall game while working towards a team competition against the University of Alberta Golf Team.

In addition to the trip, we will be running a golf school for six Central Alberta golfers while in Phoenix. This golf school is designed to give the general public the opportunity to receive personalized training over a two day period and then play with members of the golf team each day. This two day intensive golf school will not only bring awareness within the community of Red Deer College, but also to the RDC golf program.

KINGS BASKETBALL

Clayton Pottinger, Head Coach

The Kings have struggled to find their stride in the first half of the season. Injury and inconsistent play has lead to a league record of 4-5. The Kings have not played a game at full strength all season and are hoping to get healthy for the second half of the year. Newcomer Robert Pierce leads the team in rebounding and scoring while veterans RJ Wells, Lloyd Strickland, and Eric Bakker are working towards finding their form. Third year guard Jacob Cusumano has had a breakout first half, upping his production in nearly every category from last year. Veteran Kek Biel has been battling injury most of the year, and has only appeared in 5 games.

The Kings are taking some much needed rest from December 12 – January 2. By then, the team should be healed up and ready to perform. Coach Pottinger is staying busy looking for new recruits during the break. There may be some new players for the second half, so stay tuned!



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KINGS VOLLEYBALL

Aaron Schulha, Head Coach

The Kings Volleyball Team finished the first half tied for first in the ACAC with an 8-2 record. However, they lost out on hosting the ACAC Conference Championships to Briercrest College due to a three way tie that came down to sets for and against. RDC had the toughest schedule of the three top teams in the first half but unfortunately came out on the wrong end of things.

Although the Kings have played at a very high level throughout the first semester at times, they have also played inconsistently which has ultimately led to their two losses as well as some key set losses. More so than the last few years, the Kings are relying heavily on all team members and focusing on getting quality results as a collective. Team captains Quentin Schmidt and Boston Maris have been progressing throughout the first half and have taken over a few matches when their team has needed so. First year setter Jackson Maris has done an outstanding job with the Kings offense and will continue to elevate his game as the year goes on.

The Kings will be travelling to San Diego for a tournament from December 27 – January 3 where they will play four tough matches and do some training. They will resume league play on January 13 in Lethbridge.



Stop Action Photography - Tony Hansen

KINGS SOCCER

Steve Fullarton, Head Coach

The Kings Soccer Team travelled to Kelowna for a training camp at the end of August, as part of its final preparations for 2011 outdoor season. The trip included two games against UBC Okanagan, which were played in sweltering conditions. The season started quite well for the Kings, who defeated SAIT, and tied with eventual league winners, Medicine Hat. After holding Lakeland to a tie, the Kings then fell into a slump from which, despite their efforts, they did not recover. Although



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holding the lead at some point in six of their ten games played, the Kings' inability to finish teams off became reflected in their league position. On a positive note, the team played some fantastic soccer throughout the season, and learned which mistakes must not be repeated next season in order to compete with the top teams in the league. Another bright spot for the Kings was having three players, Geng Tian, Patrick Sweiger and Brad Hughes selected to the South All Conference team.



Stop Action Photography - Tony Hansen

CURLING

Brad Hamilton, Head Coach

The RDC curling team consists of a mixed team, a men's team and a women's team. The women's team consists of Kaitlyn Sherrer, Kayla Parkins, Jessica Andruchow, and Lindsay Janko. The men's team consists of Shane Parcels, Dawson Abraham, Stephen Hood, Matt Brassard and Dylan Hoar. The mixed team consists of Garrett Olson, Nicole Ireland, Justin Shantz, Kari Bergerud and Tanis Steinbach. All three teams curl in leagues at the Red Deer Curling Center in preparation for the college season.

The college curling season began on the December 3-5 weekend with the Fall Regional Bonspiel at the Red Deer Curling Centre in Red Deer. The RDC men were 4-2 and are tied for second. The two losses came in two extra end games. The women's team went 4-3 and was tied for second. The women's team used a triple and game-ending double to defeat NAIT in a 7-6 thriller. The mixed team is 3-4 after the opening weekend and is one win behind a playoff spot. The Winter Regional Bonspiel is February 3-5 in Leduc. The top four teams in each category after this weekend qualify for the ACAC Championships. All three teams are in a good position to make a run for the championships.



Stop Action Photography - Tony Hansen

QUEENS HOCKEY

Trevor Keeper, Head Coach

The Queens Hockey program is in a major rebuilding year with new Head Coach Trevor Keeper and an all new staff (with the exception of returning assistant coach, RDC Queens & U of A Panda Alumni, Laura Salomons). New staff assisting Trevor are: Erik Lodge (former CIS All-Star with Lakehead University and pro player in Germany), Brandin Cote (Chicago Blackhawks draft pick, former Spokane Chief, and pro player in Germany, Italy), John Engelhardt (goaltending coach, Hockey Alberta), and Andy Nowicki (goaltending consultant, Los Angeles Kings, Hockey Canada Women's Program, and Red Deer Rebels).

The Queens have 18 first year players, 4 second year players, and 1 fifth year player. We've started our first 10 games with only 5 points to show for it, thus far. In the first 10 games, the Queens have endured 3 overtime 'ties' (bring on the 'shootouts!'), 1 overtime loss, and 4 one-goal losses, despite outshooting the opposition in 8 of the 10 games. The highlights of the first semester were a win over 1st place Mount Royal University, and a tight 1-0 loss to the nationally CIS nationally ranked, U of A Pandas in a November non-conference game.

Further league experience will bring scoring confidence and hopes are high for a second half playoff push. The Queens are lead defensively by two first year goaltenders (Camille Trautman and Toni Ross), both having solid goals against averages and save % numbers. Team defensive play is solid and the coaching staff is confident the offensive side of our game (i.e. scoring more than 2 goals a game!) will come.

Our goal is to secure a playoff spot before the end of regular season and surprise a couple of the more experienced ACAC teams with a successful playoff run.



Stop Action Photography - Tony Hansen

QUEENS SOCCER

David McCarthy, Head Coach

The 2011 ACAC season for Queens Soccer has wrapped up and along with it, many individuals being recognized along with team success. The team went undefeated this season with a 7-0-3 record including a 4-0-1 home record. The Queens were the most consistent team from the South conference and were able to secure 2nd spot earning the right to play Grant MacEwan. The Queens prevailed winning the Quarterfinal and secured a semi-final spot vs. NAIT.

They came up short losing 1-0 to the eventual champions. The team was riddled with injuries but had a resiliency that would have seen many teams fold under such incredible adversity. But the Queens, with their never-say-die attitude, didn't know the meaning of the word and showed such character through thick and thin. Individual honours as ACAC all-stars were given to: Lauren Good, Stephanie Tremblay, Amber Regnier and Allison Walsh. Amber Regnier was also voted to the CCAA All-Canadian team.



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QUEENS BASKETBALL

Dawn Smyth, Head Coach

The Queens finish the first half of the season with a 2-9 record. The Queens have had some close games this fall pulling out 2 wins against Briercrest and Augustana. They also lost 2 games by 1 or 2 points failing to finish the hoops to take them to a few more wins. Currently, Karlen Majcher and Sara Astorga are leading the team averaging 9 points a game, followed by Erin Wiersma with 8 points a game. Astorga is second in the south in field goal percentage with 51% success in shooting from the floor; Weirsma is also representing RDC as 4th place in the south with her average of over 7 boards a game. Veteran post players Jessica Foley and Lauren Loyek have been battling and showing a presence inside as Hannah Nagy and Courtney Luyek are finding their second year confidence and more consistency by the week. Stephanie Tremblay and Michelle Steeves have added some maturity and shooting for the Queens. Rookie guard Morgan Shultz is coming into her own battling against the tough ACAC point guards and will be sure to show a strong second half. Ashlynn Gentes' athletic long body has given the Queens their steals; she also left a memorable buzzer beater half-court shot in Medicine Hat!

The Queens start the New Year off with a winter training camp and a home game vs. NAIT on January 8. They are confident that 2012 will start off with a bang and all of the Queens will be healthy, confident and ready to come back and compete.

BADMINTON

Chad Cargill, Head Coach

It's been a solid start to the 2011/12 badminton season for Red Deer College as the team currently sits in second place in the ACAC and is currently ranked 6th in the CCAA national rankings. The team has been led by veteran Mary Smith who has dominated the women's singles events and has been very solid in women's doubles with partner Mizuki Awai. Kailey Fauville, Ngan Nguyen, and Akie Ito have all been very strong through the first semester. On the men's side, Dave King has made an impact in the mixed doubles draws while Brian Smith and Logan Capicio have come away with a few big wins and hope to build on those efforts heading into the second semester. The team has three tournaments left and expects to have numerous players with opportunities to make it to the CCAA nationals that will be in Kamloops in February.





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QUEENS VOLLEYBALL

Talbot Walton, Head Coach

Having graduated a lot of starters, this year's Queens were going to have to work hard at proving themselves as contributors. With five first year players, the Queens were going to be a younger group than they have been the past couple of years. The team consists of seven athletes from Central Alberta, truly demonstrating the strength of volleyball in the area.

The Queens are currently sitting at a 4-6 record. They might be a little behind where they hoped to be, due in part to other league teams having more experience than the relatively young Queens. However, initial success is never an indicator of final outcomes, and the Queens are a hard working group who will be contenders at the end of the season.

The Queens are heading to Hokusho University in Ebetsu, Japan mid-December to play against their sister college. This is always an exciting and beneficial trip for the Queens to take. It is a volleyball and team experience that they will never forget. The volleyball competition will be very important to the Queens, as the Japanese team plays a style of volleyball that the Queens are working towards. The Queens success in the second half will rely heavily on what they are able to learn in the next 6 weeks.



CROSS COUNTRY RUNNING

Brian Stackhouse, Head Coach

The RDC Women's team won the ACAC team Championship and CCAA bronze medals for the second consecutive year in both cases. Individually, Jodi Sanguin won both the ACAC and CCAA Championships. Jodi faced strong competition from Humber College's Vicky Siemon in the CCAA Championships and had to run courageously to win. Her victory capped off an undefeated season and a five year College XC Running career in which she made the CCAA All Tournament team (top seven) every year: 4th in 2007, 7th in 2008, 2nd in 2009, 2nd, in 2010, and finally, 1st this year! In addition to Jodi, Jesslyn Begin (5th) and Melissa Cable (7th) were members of the ACAC Conference team, which placed second in CCAA Championships. RDC did not have a complete men's team, but the guys who did run, ran well. It was another great season with nearly all RDC runners peaking effectively for ACAC and CCAA Championships.

THE 9th ANNUAL
RED DEER COLLEGE KINGS & QUEENS

scholarship breakfast

PRESENTING | **BILL COMRIE**
Founder of The Brick Warehouse Corporation
Officer of the Order of Canada
B.C. Sports Hall of Fame Inductee



Tuesday
March 6
2012
7:30 am - 9:30 am
Capri Centre

For more information,
to sponsor,
or to buy tickets call
403.343.4093

Please consider attending this year's RDC Kings & Queens Scholarship Breakfast, brought to you by BMO Bank of Montreal, and held at the Capri Centre (Sheraton Red Deer). This year's featured speaker is Bill Comrie, perhaps best known as Founder of The Brick Warehouse Corporation and sport franchise owner. Dr. Comrie is also deeply involved in charity work. For example, in 1997, as the chair of the capital campaign for the Stollery Children's Hospital Foundation, he spearheaded a campaign that raised over \$14 million (\$8 million beyond the target of \$6 million) to build a state-of-the-art facility in Edmonton. Similarly, in 2003, when chairing the capital campaign for the Mazankowski Alberta Heart Institute, he and his team surpassed their goal of \$17 million, raising an amazing \$45 million and this number is still climbing!

All proceeds from our Breakfast go to scholarships for Red Deer College athletes. Since its inception eight years ago, this event has raised over \$180,000 for athlete scholarships. Combined with an additional \$110,000 available through matching funds, this event has provided over \$290,000 to directly benefit our student

For more information, to sponsor, or to buy tickets, call 403.343.4093 or email: Carolyn.neufeld@rdc.ab.ca



The Scottsville Group



1st Annual RDC Kings and Queens Golf Classic & Golf School

In conjunction with the
University of Alberta Golden Bears and Pandas

Additional Information or to register:

Scott Bergdahl

Scott.bergdahl@rdc.ab.ca | 403.505.3673

Golf Classic

February 22 & 23, 2012

Southern Dunes Golf Club in Maricopa, Arizona
Stroke Play, play your own ball

Hole sponsorship opportunities available

Play with one of our RDC Kings or Queens!

\$225 per person

Golf School

February 24 & 25, 2012

The Duke at Rancho El Dorado in Maricopa, Arizona
Instruction from Scott Bergdahl, CPGA Golf Professional

2 rounds of twilight golf

2 breakfasts and lunches and 1 dinner

Golf balls and golf shirt

\$700 per person

ARIZ

Golf Classic & School

\$900 per person

ONNA

1st Annual RDC Kings and Queens Golf Classic & Golf School

Golf Classic

Date	Feb 22 & 23, 2012
Location	Southern Dunes Golf Course, Maricopa Arizona (www.golfsoutherndunes.com)
Time	12:30 Shotgun each day
Format	Stroke Play, play your own ball. RCGA handicaps (or approximate handicaps) will determine net winners
Entry Fee	\$225 per player (CDN) includes green fees, cart and taxes for both days, meal on Thursday at the awards ceremony, and prizes. Entry restriction to the first 100 registrants. Refunds are available up to January 25, 2012 (minus admin fee)
Hole Sponsorship	For \$500, you or our business can sponsor a hole, with all funds raised going directly towards funding the golf program. Taxable receipt provided.

Golf School

Date	Feb 24 & 25, 2012
Location	The Duke at Rancho El Dorado in Maricopa, Arizona (www.thedukegolf.com)
Instructor	Scott Bergdahl, Canadian PGA Teaching Level 3 Certification & Titleist Performance Institute Certified
Format	7:30am – 6pm for personalized instruction on all areas of the game designed to assist each individual achieve their golfing goals
Entry Fee	\$700 per player (CDN) includes green fees, cart and taxes, 2 continental breakfasts, 2 lunches, 1 dinner, 1 dozen Pro-V golf balls and an RDC golf shirt. Also includes a TPI Physical Assessment and Personalized exercise program and a one hour session with the K-Vest (a 3 dimensional full computer analysis of your swing) in early February prior to the event. Valued at \$400.00. Entry restricted to the first six registrants.

Entry Form

Please return to RDC with enclosed cheque payable to Red Deer College
RDC Athletics, P.O. Box 5005, 100 College Blvd.
Red Deer, AB, T4N 5H5

If you are registering only for yourself, please indicate who you would like to golf with:

Name: _____

Phone: _____

Email: _____

Classic School Both

Male or Female

Hdcp (avg score): _____

Name: _____

Phone: _____

Email: _____

Classic School Both

Male or Female

Hdcp (avg score): _____

Name: _____

Phone: _____

Email: _____

Classic School Both

Male or Female

Hdcp (avg score): _____

Name: _____

Phone: _____

Email: _____

Classic School Both

Male or Female

Hdcp (avg score): _____

For Additional Information Contact:
Scott Bergdahl
Scott.bergdahl@rdc.ab.ca | 403.505.3673

All proceeds go to support the RDC Kings & Queens Golf Program and the University of Alberta Golden Bears & Pandas