

SAIT Trojan men's volleyball team spikes their way to top

By Chris Stedile

With a new coach and a flawless preseason record, the Trojans men's volleyball team is off to a promising start.

After last weekend's eight team preseason tournament hosted at SAIT's campus centre, the Trojans took their record from 4-0 to 9-0.

After winning four straight games, the Trojans went on to punish Edmonton's MacEwan University Griffins 3-0 and take home the medal.

"We're really happy with how the team is coming together, but we still have a ways to go," said head coach Andy Hayher.

Hayher stepped up as head coach in September after Ryan Marsden retired for personal reasons.

Hayher was a Trojan player during the 1999-00 and 2000-01 seasons and along with the team, took home silver in both Alberta Colleges Athletic Conference (ACAC) and Canadian Colleges Athletic Association (CCAA) championships.

Hayher then became assistant coach to Lorry Ingram

from 2001-2003 where they won silver again (twice in ACAC and once in CCAA). Since 2008, Hayher has been assistant coach to Marsden.

"This year we are trying to bring back the culture we had in the early 2000's," says Hayher.

A philosophy of order and discipline might just take this team to the top.

"We know we have a lot of potential on the team this year and would be disappointed with anything less than ACAC and CCAA championships," said Darcee Froese, captain and spiker for the team.

Individuals such as Froese, 2011-12 ACAC all-star, Justin Kilb, 2009-10 ACAC all-star, and Scott Leshner, three year ACAC all-star and 2010-11 ACAC male athlete of the year, make up a portion of this team's veteran talent.

Hayher says that while the team has been playing well, there is still room for improvement.

"We have made a lot of shifts since last year and will need to make more as the season progresses."

"Everyone on the team gets



Photo by Justine Kinoshen

SAIT Trojan's mens volleyball have alot to be proud of so far this year.

along really well and comes to practice ready to work which makes practice fun and

keeps us moving in the right direction," says Froese. "We still have a lot of work

to do and don't plan on peaking until provincials and nationals."

Cross country long distance running team on road to busy season

By Will Cowie

Often overlooked as a popular campus sport at SAIT, the men's and women's cross country teams are running laps around their Alberta College Athletic Conference (ACAC) competition this year.

After a strong showing at the exhibition grand prix event hosted by Augustana University College of Camrose, Alta. on Saturday, Sept. 29th, the Trojan's cross country teams are well into a very promising season.

Each team placed third overall in Camrose and had especially solid performances from Lisa Giles, placing fourth in the women's 5k event, and Kenton Sportak who was fifth in the men's 8K event.

After a year that saw the women's team finish third overall with a Bronze medal and the men's team miss-

ing the podium, the Trojan's cross country teams is looking forward to improving this year.

"So far the season has been great," says head coach Jamie Grant.

"We have a great group and an excellent team atmosphere."

With numerous returning faces on the men's team and two on the women's team, cross country at SAIT is boasting more experience than it has in recent years, not to mention most of its ACAC competition.

"It's nice to have that experience for the new people, especially if they are new to competitive running," says Grant.

To keep the runners in the best shape they can be, the team practices four days a week year round, with indoor track training during the winter months and both trail and road running in the summer.



Photo by Stacy Alexandra Wong

Apparently, many students like running without having any real destination in mind...

The tough training regime seems to be paying dividends as Grant feels the men's and women's teams could both place within the top three this year.

"We have the best guy's

team since I've started coaching. If things go well we could get gold," says Grant.

"We have just recently had our full girls' team with a great result, I'm thinking top 3 again (and) if things go

well, a possible 2nd," Almost halfway through the season, the Trojan's runners are looking forward to the ACAC championships which will also be hosted by Augustana Oct. 27th.

SAIT Trojans men's hockey busting nets

By Derek Quan

The SAIT Trojans are off to an explosive start, as they opened their 2012-2013 season with back-to-back monstrous victories Oct. 12-13.

The Trojans pounded the visiting Briercrest College Clippers in 11-1 and 7-1 in their first regular season action in ACAC play at the Campus Centre.

During the Oct. 12th game, Ben O'Quinn, a 1st year plumbing student netted a hat trick for the Trojans, while rookie defenceman David Watt and forward Corey Tyrell each scored a pair.

The Clippers scored their first 3:16 into the game, as Branden Whitehawk beat SAIT goaltender Michael

Tadjeh on a high rebound from the slot. But from that point on, the Trojans dominated the rest of the game.

Tyrell's performance was particularly impressive, as he netted two goals in the second period.

The Trojans out shot the Clippers 52 to 15 in the Friday night game.

Joe Babey, David Watt and Colton Semenok each lit the lamp in their Oct. 13th game against the Clippers.

The Trojans were expecting to face a tougher challenge in a home and home series against Edmonton's Concordia Thunder Oct. 19-20, but with the one-side victories against the Clippers, the Trojans are going into the new campaign on a roll.

Women's soccer team puts end to 10-year playoff drought

By Chris Stedile

Despite illness and injury the Trojans women soccer team has put an end to a 10-year dry spell, as they have clinched a playoff berth for the first time since 2002.

The team only needed one point to move on to provincials, and on Sunday, Oct. 14 the SAIT Trojans tied the Lakeland Rustlers 2-2 on home field and punched their ticket to the playoffs.

It was a remarkable feat considering a large part of the roster has been in and out of commission during the season.

"It has been frustrating," head coach Grant Stevens said about the team's injuries. "We haven't been able to get a full squad of 11 players to practice together consistently."

"Players quite frequently have had to play positions they don't normally play," said assistant coach Erin Schwab.

With many starters out for the game against Lakeland, including co-captain Caitlin Gallant, it was a tough battle.

"Caitlin is such a huge part of the team and it's just not quite the same without her," said Schwab.

Midfielder Gallant suf-

fered whiplash in a fender bender accident prior to the weekend.

Although unable to play Gallant trusted her teammates to do what was needed.

"Everyone on the team has the skill and the ability to put our team ahead and that's what they did on Sunday," said Gallant.

Although injured, players such as co-captain Breanne Macleod were able to play and gave it their all.

Macleod, who plays striker on the field, was sick with the flu this weekend, had a concussion, and is also afflicted by Compartment Syndrome, a condition that involves increased pressure in a muscle compartment.

Through all of this Macleod still plans on playing through provincials.

Earning their spot in the provincials has the team excited.

With only two wins last season this is a major step up.

"To break the 10-year drought is awesome," says midfielder Kaitlyn Silcox, "and it's been such an enjoyable season I'm glad it's not over yet."

"Not only am I excited for the team, but the coaches too. They put so much time into making us play the best we

November 2012 - Men's Hockey			
Date	Time	Opponent	Venue
November 2nd	8:15 pm	@ GMU	Bill Hunter Arena - Edmonton, AB
November 3rd	6:00 pm	GMU	SAIT Arena
November 9th	7:00 pm	@ PC	Bold Centre- Lac La Biche, AB
November 10th	3:00 pm	@PC	Bold Centre- Lac La Biche, AB
November 16th	7:00 pm	NAIT	SAIT Arena
November 17th	7:00 pm	@NAIT	NAIT Arena - Edmonton, AB
November 23rd	7:00 pm	KC	SAIT Arena
November 24th	2:00 pm	KC	SAIT Arena
November 30th	7:30pm	@BC	Barkmen Arena - Caronport, SK

Shaded areas are 'home games' that are played in SAIT's Campus Centre Gymnasium.



Can the ladies pull it off this year and end a 10 year playoff losing spree?

can," says centreback Natalie Bergh.

"Our team's ultimate goal is to make Nationals in P.E.I. this year. We know what we are capable of doing as a

team and this is not an unrealistic goal. I think every game is going to be tight and we are going to have to work our butts off," said assistant coach Silcox.

The women were scheduled to play as the second seed team from the north division on Friday, Oct. 26 to kick off the provincials.