



FILE PHOTO: KIM SMITH

**THE TIME HAS COME** Grant MacEwan, Mount Royal, UNBC and others should be included in Canada West sports.

# From G-Mac to MRC—the schools CanWest should add



GATEWAY  
SPORTS STAFF

Sports  
Commentary

The CIS has expanded by leaps and bounds the past few years, especially as more schools move from colleges to universities, and there is talk of them continuing that expansion. Despite warnings of talent dilution and overexpansion, continued growth for both Canada West alone and CIS as a whole seems inevitable. As such, here are the schools we'd most like to see become a part of both.

**Andrew Renfree**

There's one clear choice for CIS expansion: Grant MacEwan. I'm not just saying that because the school has a special place in my heart—particularly Towers Pub, where I spent far too many hours in my second year. Oh how I miss thee \$9.35 pitcher; you were a good friend.

Anyway, the Grant makes a case for joining CIS beyond its cheap hops. Griffins athletics teams dominate the Alberta Colleges Athletic Conference (ACAC)—even if they can't spell gryphons correctly—with five first-place division finishes in eight sports. Grant MacEwan went on to win one gold, three silver and one bronze medal in Alberta, as well as a gold and a bronze at nationals—and that's in 2006/07 alone.

Furthermore, G-Mac is taking over this city like the plague, assimilating land, buildings and even other campuses to expand their vast empire. Clearly they have the cash to support a CIS-calibre program, even going head-to-head with Alberta.

Naysayers might argue that Grant MacEwan doesn't have the facilities to host CIS sports, which is true—the school has neither a hockey rink nor a field—but the gym that they do have is better than U of A's Main Gym, and their squads make out fine using other city venues to practice and host their games.

**Ross Prusakowski**

Given the large number of schools that already play within Canada West and CIS, it's hard to make a case that another school should be added. However, if there were one school that should be seriously considered and would be a good addition to Canada West play, it would be Mount Royal College in Calgary. With more than 12 700 full- or part-time students and an athletics program that boasts some fairly modern facilities, Mount Royal is miles ahead of some of the smaller schools already inside Canada West.

When it comes to what really matters though—performance in their sports and the standings—the Mount Royal College Cougars could more than hold their own. No other school at the Canadian Colleges Athletic Association (CCAA) has been as successful or continuously competitive as Mount Royal. This year alone, Cougar athletics medalled in five of the six big sports (men's and women's hockey, basketball and volleyball) at either the provincial or national level.

In fact, the Cougars have been so good for so long that, in 1999, the rest of the division just decided to bow down and awarded it the CCAA Sport Supremacy Award for being the best team in the previous 25 years. Even the Bears and Pandas haven't managed to convince the rest of the CIS to give them that. So, if there's one athletics program to add to the Canada West, it has to be Mount Royal College. But please, if we're going to bring one up, why not send down the University College of the Fraser Valley or Thompson Rivers University—they won't really be missed.

**Trevor Phillips**

The next logical step in the expansion of CIS would be to the teams in the ACAC. These are colleges that already have storied traditions in other aspects of sport. Places like Medicine Hat College and Red Deer College would drive CIS into new urban markets, and wouldn't have to compete with established CIS powers like Alberta and Calgary.

But, the best reason to take over some of the programs in the ACAC would be to change the worn-out

division alignment of Canada West. Right now, there are far more BC schools (6) than Alberta (3) or the prairies (5). The addition of two ACAC schools would allow Canada West to create three divisions: BC, Alberta and Saskatchewan/Manitoba. This would ease travel for all teams and create more hostile local rivalries in most sports. Overall, this would create a much more enticing playoff situation along with a newfound marketing appeal for some of the untapped athletic resources within this province.

**Nick Frost**

If CIS is going recruit another school into its ranks to compete against the best universities in the country, why not include one that fits the bill just by its name alone: the University of Northern British Columbia. UNBC is one of the few universities left in the country that doesn't currently compete in CIS action and, despite what I'm sure are intense competitions against some of the finest community colleges that central-BC has to offer, it would seem as though these Wolverines are ready to break away from the pack.

Located in Prince George, the Wolverines would be following in the footsteps of other British Columbian teams that have made the leap from the British Columbia Collegiate Athletics Association in the last decade or so: Trinity Western University in 2001, Thompson Rivers University in 2005 and the Fraser Valley Cascades, who made the jump this past fall. Currently, UNBC features teams in five different sports that could compete in the Canada West conference: men's and women's basketball and soccer, and men's hockey.

While these teams would likely sit at the bottom of the standings for the first few years, as most new teams in any league do, there's always the likelihood that at least one of the program's teams could rise up and pose a challenge to the Canada West elite—look no further than TWU, who joined the CIS six years ago and have seen a great deal of success at both conference and national levels in soccer and volleyball.

## It's all About Fat: 2007

March 28<sup>th</sup>, 2007  
1:30–4:00pm  
Myer Horowitz Theater, SUB



### Speakers & Topics

- Eliminating and/or Reducing the Bad Fats in the Diet  
Dr. Bruce McDonald
- Saturated Fats: The Ups and Downs  
Helen Bishop MacDonald, RD
- Tracking Nutrition Trends VI: Capturing Consumer Insights on Food, Nutrition & The Skinny on Fat  
Francy Pillo-Blocka, RD
- Omega 3 Fats: What they are and why we should care  
Dr. Stephen Cunnane

### Reception to follow

- Free food!
- Door prizes!

## THEATRE SPORTS

Enjoy **FREE** Admission to **Theatresports™** or **Chimprov** when a second admission of equal or greater value is purchased.

Valid Friday and Saturday nights – 11 p.m. start  
Varscona Theatre 10329-83 Ave.  
Not valid for Fringe or Mainstage productions  
Reservations recommended: call 448-0695  
Expires: April 30/2007 [www.rapidfiretheatre.com](http://www.rapidfiretheatre.com)



THE GATEWAY

## MARKET RESEARCH INTERVIEWER



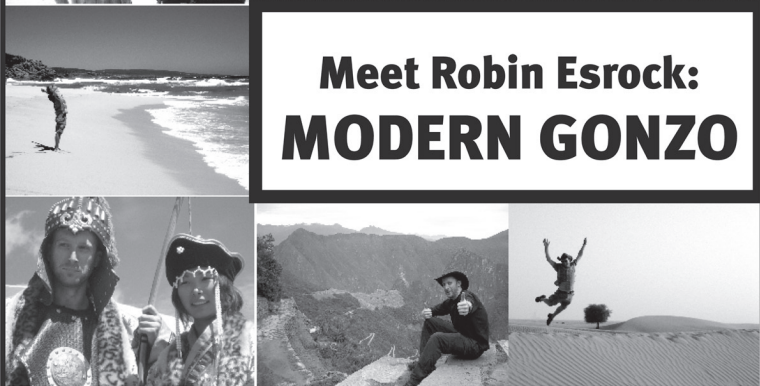
- Conduct interviews over the telephone from our centrally located call centre, accurately enter data into a computer system.
- Absolutely no sales involved.
- Position requires excellent telephone manner and typing skills.
- Flexible scheduling with shift choices.
- Company benefits plan.
- \$10.50 / hour to start, with performance based reviews.

Please mail, fax or email your resume to:  
2nd Floor, 10304 – 108 Street, Edmonton, AB T5J 1L9  
Fax: 780-485-5085  
Email: [HR@TrendResearch.ca](mailto:HR@TrendResearch.ca)  
Phone: 780-485-6558

## TREND HIRES ON AN ONGOING BASIS



## Meet Robin Esrock: MODERN GONZO



-travelled to over 70 countries - writes articles for major newspapers - shares his travels on [www.moderngonzo.com](http://www.moderngonzo.com)

Travel CUTS is proud to sponsor Modern Gonzo's upcoming presentation:



### 20 Countries in 50 Minutes Presentation

Tuesday March 27, 7-9pm  
Alumni Lounge, Students' Union Building  
University of Alberta

SUB, U of A 492-2592  
HUB Mall, U of A 492-2756

**TRAVEL CUTS**  
See the world your way