

Basketball in Alberta



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High School Rankings #2 Boys 4A

1. Western Canada
2. Cardston High
3. St. Francis Xavier
4. Raymond
5. Jasper Place
6. Sir Winston Churchill
7. Ross Sheppard
8. Bishop McNally
9. Bert Church
10. Bishop Grandin

Boys 3A

1. Springbank
2. Crescent Heights (MH)
3. Holy Trinity
4. Camrose Composite
5. Ardrossan
6. Louis St. Laurent
7. Cochrane High
8. Ponoka
9. Lacombe Composite
10. Wetaskiwin

Girls 4A

1. Harry Ainlay
2. Archbishop O'Leary
3. Raymond
4. Cardston High
5. Spruce Grove Composite
6. Centennial
7. St. Mary (Calgary)
8. Strathcona Composite
9. Dr. E.P. Scarlett
10. Lethbridge Collegiate

Girls 3A

1. Springbank High
2. St. Albert Catholic High
3. Brooks Composite
4. Wetaskiwin Composite
5. Camrose Composite
6. Highwood High
7. McCoy High
8. WR Myers
9. Kate Andrews High
10. Magrath



St. Albert Catholic Girls Cuba Experience

For the St. Albert Skyhawks senior girls basketball team, the trip of a lifetime may be the catalyst that leads to the first 3A title in school history. The Skyhawks have made 5 straight trips to the provincial championships finishing as high as 3rd in 2008. In December the team took its commitment to elite basketball to another level when it combined basketball with life learning on a five day trip to Cuba.

The trip went from concept to reality over the past four years with the hard work of volunteers who raised close to \$10,000.

"Our biggest fundraiser was our celebrity basketball game and silent auction," said coach John Dedrick. "We did a bottle drive, delivered flyers, and sold food at the Junior High basketball city finals."

On December 14, the team flew from Edmonton to Varadera and then ventured about 120kms to just outside of Havana, Cuba.

The team was challenged by players from a Cuban sports academy. The Cuban girls focus is basketball and some of the kids have been identified

as potential national team candidates.

"Our first game was a blowout for them, it was very humid and plus 35," said Dedrick. "We trained every day, usually together and then had a scrimmage afterwards. We won by 2 and lost 2 games by 1 point each time."

The experience off the court was as valuable as the moments on the court. "The kids learned not to take anything for granted," said Dedrick. "And that your surroundings don't dictate what type of player you can become if you work extremely hard."

The Skyhawks took in the local food and culture, went to the markets, had a few tours and got a chance to see Old Havana. The girls also had dancing lessons nightly, learning the Salsa as well as other local dances.

As part of the fundraising, the team also stocked up on supplies which they left with the Cuban girls.

"We took clothing such as practice reversibles, school t-shirts, shoes, medical supplies, basketballs, athletic clipboards, bags and school supplies," said Dedrick. "We left shampoo,

toothpaste, notebooks etc. for the resort staff. The St. Albert Slam basketball club gave us some shooting shirts which we gave to the coaches who were very excited about the quality and color."

Coach John Dedrick is no stranger to long distance traveling. He has been teaching and coaching at SACHS since 1993 as well as being the Athletics Department Head since 2004. In 2002 he ventured to Western Australia on a teacher exchange, where he played his last serious basketball on a Division 1 Men's Club.

This is Coach Dedrick's 6th season with a girl's program that has qualified for provincials each of the last 5 years. His prior coaching experience includes, working with the SACHS Boy's program for 10 years where the team had success winning 3 City Championships and the Metro Premier Conference championship in 1997-98 when the team finished second at provincials.

The 2010 Skyhawk girls are currently 5-0 in the Edmonton Metro Premier Conference and 14-2 overall. They finished 4th at the Jasper Place REB Tournament and won the

Medicine Hat tournament and the St. Albert Showdown defeating #6 4a ranked Centennial in the final.

Dedrick's teams are noted for their work ethic and fundamentals. This year the team is vertically challenged with Junior Shelby Hucul the tallest player at 5'9". The Skyhawks rely on speed, aggressiveness and hustle to win games.

The team is lead by seniors Hilary Annich and Andrea Heavener. Annich is the point guard averaging 16 points per game and brings an incredible defensive presence and vocal leadership.

"Hilary pushes the ball extremely well and can hit the 3," said Dedrick. "Her work ethic is also impressive and is a measuring stick for the rest of the team."

Heavener has an impressive shooting ability that spreads the floor and opens up driving lanes for her teammates. She is also required to defend against opponents post players that are far bigger than her.

"She uses her quickness and jumping ability to try and negate the size differences." said Dedrick.

Courtney Gogowich is the third starter that has been on the Senior team for three years.

"Courtney is pound for pound our toughest player and has to guard someone bigger every single game," said Dedrick. "She is our physical leader and best rebounder. She is fearless, vocal and works extremely hard."

Jen Larison, Lisa Rombough, and Trish McFarlane also provide Senior leadership.

The Skyhawks were extremely fortunate to welcome Grade 10 player Kendall Lydon from Chehalis, Washington. The daughter of a basketball coach came to St. Albert after her family transferred to the area. She had previously started on her high school team in Chehalis in grade 9.

"Kendall has been a great addition to our team and is thriving in our system. She can shoot extremely well and is great in the open court, two skills which emphasize our program. She loves the intensity and hard work that our program demands."

The Skyhawks are currently ranked second in the 3A rankings. With the recent success and team bonding that occurred in Cuba, they will be a tough opponent in Edmonton and in the 3A provincials in Medicine Hat.



John Dedrick and the SACHS girls in Cuba



The girls discuss basketball with their new friends

This publication is produced for Basketball Alberta for the purpose of promoting the game in the province.