

**For Immediate Release**

**January 19, 2011**

Jeff Maxwell, of Elton Collegiate in Forrest, Manitoba has been selected as the **HARV-AL SPORTS Rural Coach of the Month for December.**

Jeff has been coaching volleyball for over a decade at Elton Collegiate. With the boys program, he has won two AA provincial championships and been a provincial finalist three times. Jeff took over the girls program three years ago, and has won the last two AA provincials. This past December, he also hosted the Provincials.

Jeff has also been a constant presence at Elton Track and Field for the last decade. He has coached numerous athletes to provincial medals over the years. This year Jeff is also running the Varsity girls' basketball program.

Carey Lasuik of the Daniel McIntyre Maroons Basketball team has been selected as **the HARV-AL SPORTS Urban Coach of the Month for December.**

Carey has been an integral part of the Daniel McIntyre Basketball program for the past 16 years; He has helped to develop this year's team into one of the top in the province. His team is probably the smallest "AAAA" team in Winnipeg, but probably hustles the most.

Carey's coaching has developed a continued attitude of hard work, determination, and integrity among all of the players this year and every year in the past. His Maroon team captured the Provincial "AAAA" title in 2001, and his teams also won "A" titles when he coached the Gray Academy team.