



# Media Release

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December 4, 2009

## Harv –AI High School Coach of the Month Selected

The Manitoba High Schools Athletic Association is pleased to announce the Harv-AI Sports High School Coaches of the Month for November.

Tim Au of Miles MacDonnell Collegiate has been selected as the urban coach for November. Tim has coached at all levels of volleyball, both in the club and school system. He is a hard working, dedicated individual, who contributes countless quality hours with his athletes, and is a positive role model for both his athletes and his school. Miles Mac captured the “AAAA” Championship last year, and this year advanced to the Final Four.

Karen Lewarne of Nellie McClung Collegiate in Manitou is the rural coach for November. She has been coaching at Nellie McClung, for the last 6 years and has captured the Provincial “A” girls volleyball Championship for the last two consecutive years. She spends hours getting the girls ready to play and takes them to numerous tournaments throughout the year. Karen is a knowledgeable and dedicated coach and physical educator.

Each will receive an attractive hoodie courtesy of Harv –AI Sportswear as well as certificate of appreciation from MHSAA.

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### Note Au is pronounce AAh

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