



# Media Release

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## High School Coaches of the Month Selected

The Manitoba High Schools Athletic Association is pleased to announce its October Harv-Al Sports High School Rural and Urban Coaches of the Month.

**Carla Zaroda of Kildonan East Collegiate** is the Harv-Al Urban Coach of the Month. She has been the Varsity Girls Volleyball coach at Kildonan East for the past 6 years, and has taken a struggling volleyball program to a top 10 ranking this year.

Carla has also coached at the Peace Gardens during the summer, now running her own sessions.

They have been very competitive in league play to date, and have also won three tournaments this year (Big Spike, Kildonan East and Daniel Mac Invitational's). Most recently they achieved a top 10 ranking, which was a goal of the team this season.

**Lorne Warkentine of Garden Valley Collegiate** in Winkler is the October Rural Coach of the Month. Lorne has coached the varsity boy's soccer team at Garden Valley Collegiate for more than 15 years. Each year, Lorne's beloved Zodiacs contend for Zone 4 championships and earn a place at the Provincial play-offs. This year Lorne worked tirelessly, co-convening the Rural Provincial Soccer Championships in his hometown of Winkler. Lorne blended a diverse group of Canadian-born and newly immigrated players into a cohesive unit that won the zone 4 banner, and ultimately the 2011 Provincial Championships.

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