



Lakehead

UNIVERSITY

Athletics Annual Report 2013



Athletics is an integral part of the University lifestyle and is important facet to the educational development of each and every student. A focused athletics program creates a University environment that fosters friendship, competition and wellness. Athletics enhances Lakehead image by supporting diversity, fitness and mental wellbeing for all our patrons: students, staff and the public.

Lakehead University's dynamic Athletics Department recognizes the demand for comprehensive recreational and club programming as well as competitive varsity programs. We work diligently to ensure that the student experience at our University is as enjoyable one that embraces wellness, individuality and learning.



1. Academics and Athlete

Our department recognizes the challenges faced by student athletes in balancing success both in athletics and in the classroom. We have implemented the following program to assist in their success.

A. Student-Athlete Success Program (SASP)

Lakehead Athletics continues to be a leader in academic support for Student Athletes. The Student Athlete Success Program (SASP) is an academic assistance program designed to create a dialogue between the student athlete, coach, faculty, and athletic advisors. It allows for potential academic challenges to be faced head-on, identified quickly and for remedial measures to be taken at an early stage, as well as identifies academic achievement and accomplishments.



B. Report on Academic Achievement of Student-Athletes 2012-2013

Team	Number of Athletes	Team Average	Graduate Students	# of Academic All-Canadians
Women's Basketball	13	77.6	0	6
Men's Basketball	15	71	0	3
Women's Cross Country Running	10	72.3	2	2
Men's Cross Country Running	11	74.6	0	2
Men's Hockey	25	75.6	0	10
Women's Nordic Skiing	10	80.0	0	5**
Men's Nordic Skiing	14	74.9	0	4**
Women's Track & Field	12	73.6	2	3
Men's Track & Field	14	73.4	0	2
Women's Volleyball	15	72.3	0	3
Women's Wrestling	16	73.1	0	5
Men's Wrestling	19	65.0	0	0
Men's Golf	5	80.6	0	3
Men's & Women's Curling	8	75	0	1**
Men's & Women's Rowing	5	72	0	1
Totals	192	74.0	4	50

Curling and Rowing were offered at the Orillia campus in 2012-2013.

Interesting to note: 89 of the 192 student-athletes achieved an average of 75% or better.

**Denotes OUA Academic Achievement Award.

2. Athletics and the Student

A. Campus Recreation Programs

The Lakehead University's Campus Recreation program continued to offer a wide selection of participant and competitive opportunities for students, faculty, staff and general public throughout 2013-2014. Programs ranging from casual recreation to competitive intramural sports were organized and made available to our student population. Participation rates in Intramural and Fitness programs continued to increase along with Campus Recreation program offerings. One major limitation to the programming Campus Recreation is able to offer is facility time and space. If additional space and time were available, it would enable Campus Recreation to expand its current successful programming.

Many opportunities were provided for student employment and leadership development as convenors, organizers, officials and instructors across all levels of programming. Over 30 students were employed to assist in the delivery of Campus Recreation programs and in other operational positions at the C.J. Sanders Fieldhouse during this past year.

FALL FITNESS NUMBERS	
Program	Participants
Athletic Conditioning	25
Power Conditioning	9
Circuit Training	7
Morning Spin Class	14
Evening Spin Class	17
Zumba	18
Fit Yoga	25
Hatha Yoga	15
Kundalini Yoga	12
TOTAL PARTICIPANTS	142



WINTER FITNESS NUMBERS	
Program	Participants
Zumba	23
Power Conditioning	25
Circuit Training	10
Aqua Boot Camp	11
Morning Spin Class	15
Evening Spin/Core Class	17
Hatha Yoga	15
Kundalini Yoga	12
Fit Yoga	23
TOTAL PARTICIPANTS	151

FALL SPORTS REGISTRATIONS		
Sport	Teams	Participants
Coed Volleyball	16	176
Coed Flag Football	12	132
TOTAL PARTICIPANTS		308

FULL TERM SPORT REGISTRATION		
Sport	Teams	Participants
Coed Hockey	8	164
NBC Hockey	16	363
Ultimate Frisbee	n/a	400
Indoor Soccer	20	267
TOTAL PARTICIPANTS		1194

WINTER SPORT REGISTRATION		
Sport	Teams	Participants
Coed Basketball	9	97
Coed Flag Football	12	132
Coed Volleyball	16	96
Coed Touch Rugby	n/a	52
TOTAL PARTICIPANTS		377

2. Athletics and the Student

B. Competitive Club Teams

Lakehead University Athletics offers a variety of competitive opportunities for athletes at the club team level. These programs compete both in local leagues, interuniversity schedules and in the United States. This past year we facilitated 15 club programs: alpine skiing, baseball, cheerleading, dance team, golf, jump rope, lacrosse, rugby (m/w), soccer (m/w),

Ultimate Frisbee, men's volleyball, equestrian, and women's hockey.



C. Varsity Highlights

The 2013-2014 varsity season featured some Lakehead teams continue to dominate, while others continued their progress up the ranks of their competitive fields. The Nordic ski team was once again a huge success, both among their peers in Ontario and at the national championships held in Corner Brook, Newfoundland.

Men's hockey hasn't skipped a beat; with a new coach at the helm they skated their way to within one game of the national championships, with awards and all-stars to show for their effort.

The men's and women's basketball teams exceeded expectations for yet another season, while the women's volleyball team continues to develop the sport locally and has made inroads to long term success. The cross country running team continues to produce national-calibre runners with a promising 2014-15 schedule in store.



Nordic Skiing

Women - 10th consecutive OUA Championship, 3rd consecutive Canadian Championship

Men - 3rd consecutive OUA Championship, 2nd at Canadian Championships

The Nordic Skiing teams had yet another 'banner year', capturing both the OUA Championship titles. Not only did the Thunderwolves win the team titles, they also had the top individual skiers (M/F) in the province, and the fastest female skiers in country. In

December, veteran Harry Seaton attended the World University (FISU) Games in Trento, Italy, ranking in the top 30 in the world.



Varsity Highlights

Men's Basketball (10-12)

(Rank: 9th of 16 OUA)

The team was in re-building mode this season after losing its top 9 players to graduation and injuries. It was also a development year for head coach Scott Morrison, who spent the season honing his skills with an NBA affiliate team in Portland, Maine. All told it was still a successful season that exceeded the expectations of fans and critics alike and the men are poised to return to the national stage next season.



including one over the nationally ranked York Lions to put them into the playoffs for the second consecutive year. Graduating veteran Jorie Daymond was selected as an OUA All-Star.

Wrestling

Women (Rank: 4th of 10 OUA; 7th of 15 CIS)--The women placed 3rd in the OUA tournament (4 medals won – 2S, 2B), and finished the season strong at the CIS level, bringing home 1 silver and 1 bronze medal from the CIS tournament.

Women's Basketball (12-10)

(Rank: 8th of 16, OUA)

The women's team took some steps forward this season, making the playoffs for the first time in three years. Coach Jon Kreiner also successfully recruited an all-star point guard who broke the Lakehead scoring record in her first game and will lead the team into next season against the top programs in the country.



Men (Rank: 5th of 10 OUA; 12th of 16 CIS)—

Lakehead's male wrestlers claimed 2 OUA bronze medals, one by a promising rookie (Chris Waltner) of national calibre talent.

Cross-Country Running

Lakehead running had a superb year.

Women (Rank: 10th of 15 OUA; DNQ CIS)**—

Competing against the best field of runners in the Thunder Bay-Wisconsin-Minnesota triangle, the women once again improved this year, with Danielle Thiel earning OUA All-Star status on top of CIS All-Canadian honors.

Men's Hockey (17-11-0)

(Rank: 4th of 19 OUA)

The hockey team finished in fourth place in OUA playoffs, just short of making it to the national championship tournament. Under the guidance of their new coach Bill McDonald, the team produced several OUA- All-stars and will be a contender once again next season.



Men (Rank: 6th of 15 OUA; 10th of 18 CIS)**—

Local runner Dominique Aulagnon led the team to a 6th place finish in the OUA and an All-Star recognition for himself. Next year's team, if healthy, promises to be the strongest ever.

****Not all CIS teams (~36) qualify for the National Cross Country Running Races**

Women's Volleyball (6-13)

(Rank: 8th of 14 OUA)

Despite struggling on the road, the women's volleyball team won 6 home matches in the Thunderdome,



3. Facilities

Lakehead University students, staff and faculty enjoy extensive fitness facilities at the C.J. Sanders Fieldhouse. We are proud to offer the 15,000 square foot Thunder dome gymnasium, the Wolves' Den fitness centre, 50 metre 8 lane swimming pool, cardio room, outdoor sports fields, outdoor beach volleyball courts, Kinesiology labs, squash court, and change rooms complete with saunas. We also house the Hangar, a 50,000 square foot facility to complement the Fieldhouse. It contains a 200 metre



track, artificial turf field, climbing wall, and additional weight training, fitness and cardio areas.

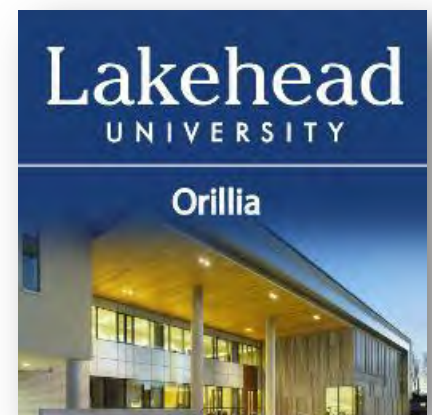


4. Athletics Orillia

Orillia Athletics & Recreation

1. General Athletics & Recreation

- Participated in the annual Terry Fox Run, and Great Canadian Hair-do; raising over \$5000 for the charity.
- Athletics & Recreation employed 5 students during the academic term in roles ranging from Information and Marketing Assistant to various League Coordinators.
- Organized 13 student volunteers for the 2014 Ontario Winter Games.
- 2013-2014 was the Orillia campus' inaugural year in the Ontario College Athletics Association (OCAA).
- 2013-2014 saw the first 5 award winners of the *Plastics Protect and HollisWealth Athletic Achievement* award. This award is given out monthly and the winners included:
Casey Blanca (Basketball), Megan Higgins (Women's Hockey), Jenna Sittek (Equestrian), Eric Steward (Co-Ed Soccer), Braden Burnette (Men's Hockey)
- The Orillia Campus sent 4 students representing Athletics and Recreation to the 2014 Canadian Conference on Student Leadership (CCSL) hosted by McMaster University.



4. Athletics Orillia

2. Campus Recreation & Intramurals

- Continued our partnership with the YMCA of Simcoe/Muskoka. A total of 780 (61%) full time Lakehead students activated a YMCA membership which is 20 more than last year. There were a total of 13,550 visits, which is up from 12,415 in 2012-2013.
- Drop-In/events included: pick up hockey, 3 on 3 basketball, floor hockey, volleyball, handball, free ice skating, rock-climbing and a learn to curl evening.
- 2013-2014 also saw the following new special activities: Tree Top Trekking, Bowling, and a Moonlight Snowshoe.

Intramural programming included: Flag football, Soccer, Ultimate Frisbee and Volleyball with a total of 171 students participating.

3. Ontario College Athletics Association (OCAA) & Club Teams

- 2013-2014 marked the first full year of participation in OCAA varsity and extramural events.
- The Orillia Campus continues to participate in the following extramural sports: Men's Basketball, Men's & Women's Hockey, and introduced Co-Ed Indoor Soccer this year.
- In addition to the OCAA extramural teams, the Orillia Campus also supported the Equestrian (English & Western riders) and the Dance teams.
- 93 students participated in our athletic team sports, with 3 students participating in multi-sports
- Highlights include:



Men's Basketball team was awarded the OCAA "Fair Play" award for their play at the U. Toronto Mississauga and Centennial College tournaments;

Women's Hockey team won the fall Super League Intramural championship;

Men's Hockey qualified for the 2013-2014 Ontario College Committee on Campus Recreation (OCCCR) Challenge Cup Series;

Co-Ed Indoor Soccer was awarded the OCAA "Fair Play award" for their play at the U. Toronto Mississauga tournament; and

English Equestrian team had two top 10 finishes within their respective divisions, and the team qualified for the first time for the OUEA Finals.

- The Orillia Campus has formally declared their intent to participate in OCAA varsity golf in 2014.



5. Community Engagement

A. Community Partnerships and Programs

ActiveU is an initiative for children and youth in grades 4 – 6. ActiveU explores recreational and educational fun-based programming in a diverse setting at Lakehead University. It encourages the improvement of self-confidence and social skills through inclusive physical activity and interactive educational programs.

During July and August of 2013, ActiveU ran three one-week camps with a total of 60 campers. Athletics continued their partnership with the Faculty of Engineering and the School of Kinesiology, who provided campers with hands-on activities. ActiveU expanded its partnership in 2013 to include the Geology Department. We expect to continue building partnerships within the University to enrich the hands-on opportunities for children.

ActiveU School Board Partnerships ActiveU has expanded its reach to include the program formerly known as Partners in Sport, which partners with Thunder Bay Catholic District School Board to deliver activities for students

in grades 4-6 that emphasize physical fitness, teamwork, and basic technical skills. 3000 students participated during the 2013-14 school year.

ActiveU has also partnered with Lakehead Public Schools to deliver ActiveU programming twice a year with over 3000 students. ActiveU has also piloted a partnership



with Thunder Bay Christian School Board (approx. 40 participants).

This program continues to be a success in Thunder Bay, reaching 6000+ youth annually. The impact on young people's fitness, habits, and their association with Lakehead University is evident by the community awareness and demand of the

ActiveU program. This is an essential outreach partnership for our community.

ActiveU partnered with the City of Thunder Bay Girl Power Initiative in January 2013, to provide 50 girls with a day full of activities with our ActiveU program. The girls participated in wrestling, team building activities, yoga, basketball and European handball. We received great feedback from the participants and look forward to continuing our partnership with the City.

ActiveU has also provided programming for community groups, such as Camp Quality, Thunder Bay Chill, Hockey Teams and Christmas parties for organizations who are looking for general activities and team building opportunities for children and youth.



5. Community Engagement

B. Community Partnerships and Programs

Reach Up! Northern Community Sport and Leadership Program

Wasaya Airways and Lakehead University signed a historic Memorandum of Understanding at the Wasaya Airways Hangar and announced Reach Up! Northern Community Sport and Leadership Program in November 2012. In addition to signing a MOU with Wasaya Airways, Lakehead Athletics has also sign an MOU with the international group Right To Play.

Lakehead Athletics and Wasaya Airways believe in the power of sport to change lives and have established a sustainable program that strives to create a legacy of activity in Northern communities and encourages Aboriginal youth to

consider the benefits of postsecondary education.

This past year ReachUp! Travelled to the Whitesand First Nation to facilitate a variety of activities including hockey, basketball, wrestling, volleyball, soccer and team building activities. This trip was a success and community leaders were pleased with the programming. The community was left with an activities manual so that community leaders may continue to facilitate the activities on a regular basis with the youth.



5. Community Engagement

C. Community Partnerships and Programs

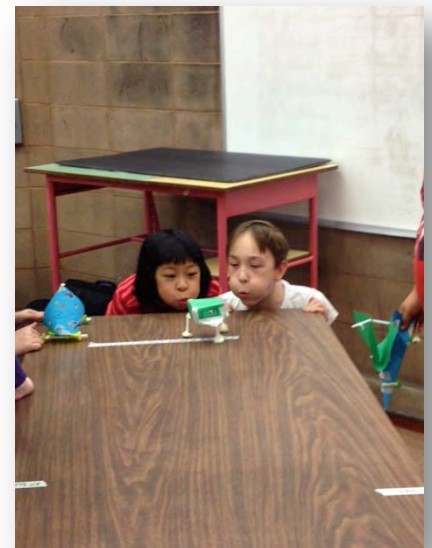
Achievement Program

The Lakehead University Achievement Program is committed to supporting Aboriginal (First Nation, Métis & Inuit), First Generation and Children Facing Barriers to higher education. Lakehead University is supporting Aboriginal people, First Generation and Students Facing Barriers to Education by addressing these real issues.

Through a Memorandum of Understanding with local school boards students are enrolled into the program beginning in grade 4 and earning tuition credits until grade 12. Upon graduation they are able to apply these credits towards the first year of any undergraduate degree at Lakehead University. To foster the partnership between the student, their family and the University, the Achievement Program students will be tracked on an annual basis in three areas: completion of grade, participation in school or community-based extracurricular activities or clubs, and attending an ActiveU 'Day on Campus' annually. Students and their family will also receive support that promotes success in their

primary, secondary and postsecondary studies.

The Achievement Program is currently in its third year and has recently been reviewed by both Lakehead University and Lakehead Public School to identify areas of strength and areas for improvement. The Achievement Program has encountered some growing pains because of the high demand from local school boards. The program has continued to grow and has gained interest from the following boards to have the Achievement Program in their region: Thunder Bay Catholic District School Board, Keewatin Patricia District School Board and Superior Greenstone District School Board.



5. Community Engagement

D. Marketing

With the continue success of our varsity programs, season ticket interest increased to a peak where we were sold out for the 2013-14 season for our basketball teams. With the continued collaboration between Residence and LUSU our 'THUNDER ZONE' has grown to be the destination for students at our events. With the overall successes our brands has become more visible to the community and continues to be an attractive point of discussion for the University community as well as the community of Thunder Bay.



The above chart represents the approximate distribution of \$1.8 million dollars of gross varsity income. It is our goal annually to increase the entrepreneurial efforts and our capacity to maximize revenue opportunities.

