

LAKEHEAD ATHLETICS

ANNUAL REPORT



Athletics is an integral part of the University lifestyle and is important to the educational development of each and every student. A focused athletics program creates a University environment that fosters friendship, goodwill and overall fitness. Athletics enhances Lakehead image by adding diversity and richness to university life

Lakehead University's dynamic and varied Athletics Department recognizes the necessity for comprehensive recreational and club programming as well as competitive varsity programs. We work diligently to ensure students' time at our University is as enjoyable as possible.

2013

Academics and Athletes



Academic Assistance Program
Academic Achievement

Athletics and the Student



Campus Recreation Programs
Competitive Club Teams
Varsity Highlights



Facilities



Athletics Orillia

Community Engagement



Reach Up!
Achievement Program
ActiveU
Partners in Sport
Varsity Marketing

A focused athletics program creates a university environment that fosters friendship, goodwill and overall fitness.

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. Academic Assistance Program (SASP)

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 that has been designed to create dialogue between the student athlete, coach, faculty, and athletic advisors. It allows any potential academic problems to be identified quickly and intervention to occur at an early stage, as well as identifies academic achievement and accomplishments.

B. Report on Academic Achievement of Student-Athletes 2011/12

TEAM	Number of Athletes	Team Average	Graduate Students	# of Academic All-Canadians
Women's Basketball	13	73.3	0	5
Men's Basketball	13	70.0	0	2
Women's Cross Country Running	10	78.5	2	5
Men's Cross Country Running	12	77	1	5
Men's Hockey	26	74.5	1	9
Women's Nordic Skiing	10	82.9	0	7**
Men's Nordic Skiing	10	76.3	0	4**
Women's Track & Field	12	78.3	1	7
Men's Track & Field	13	75.2	1	4
Women's Volleyball	17	74.5	0	5
Women's Wrestling	12	70	1	1
Men's Wrestling	21	70.0	0	2
Men's Golf	6	76	0	1**
Men's & Women's Curling	10	70.2	0	0
Men's & Women's Rowing	13	72	0	3**
TOTALS	198	74.6	7	60

Curling and Rowing are offered at the Orillia campus.

Interesting to note: 107 of the 198 student athletes achieved an average of 75% or better.

** Denotes OUA Academic Achievement Award.

2. Athletics and the Student

The Lakehead University's Campus Recreation program continued to offer a wide selection of participant and competitive opportunities for our students, faculty, staff and general public during the 2012-2013 year. 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 continue to rise as Campus Recreation continues to add more programming to its roster. One of the major limitations to the programming Campus Recreation is able to offer is facility time and space. If additional space and time were available Campus Recreation would be able to continue to grow at rapid pace.



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.

A. Campus Recreation Programs

FALL FITNESS NUMBERS	
Program	Participants
Athletic Conditioning	25
Power Conditioning	7
Circuit Training	9
Morning Spin Class	12
Evening Spin Class	17
Hip Hop	8
Latin Dance	9
Fit Yoga	25
Beginner Yoga	15
Kundalini Yoga	8
TOTAL PARTICIPANTS	135

FALL SPORTS REGISTRATIONS		
Sport	Teams	Participants
Coed Volleyball	16	176
Coed Outdoor Soccer	18	255
Coed Flag Football	12	132
TOTAL PARTICIPANTS		563



WINTER FITNESS NUMBERS	
Program	Participants
Zumba	23
Power Conditioning	25
Circuit Training	10
Lunch Yoga	8
Morning Spin Class	15
Evening Spin/Core Class	17
Beginner Yoga	15
Kundalini Yoga	12

WINTER SPORT REGISTRATION		
Sport	Teams	Participants
Coed Basketball	9	97
Coed Flag Football	12	132
Coed Indoor Soccer	16	176
Coed Volleyball	16	96
Coed Touch Rugby	n/a	52
TOTAL PARTICIPANTS		553

A. Campus Recreation continued.

FULL TERM SPORT REGISTRATIONS		
Sport	Teams	Participants
Coed Hockey	8	164
NBC Hockey	16	363
Ultimate Frisbee	n/a	400
TOTAL PARTICIPANTS		927

B. Competitive Club Teams

Lakehead University Athletics offers a variety of competitive opportunities for athletes at a level just below varsity. These programs compete both in local leagues as well as in interuniversity schedules. This past year we offered the following club programs: alpine skiing, baseball, cheerleading, cricket, dance team, golf, lacrosse, rugby-men's & women's, soccer-men's & women's, Ultimate Frisbee, men's volleyball, equestrian, and women's hockey.



Offering a total of 15 men & women's competitive club programs.

CAMPUS RECREATION



COMPETITIVE CLUB TEAMS



C. Varsity Highlights

The 2012-13 season was an immensely successful one for Lakehead Athletics. Of the 11 teams in the Varsity Thunderwolves family, 2 teams captured OUA and National Championship Banners (Nordic Skiing M/F), 1 team (Men's Basketball) and 1 individual wrestler won CIS Silver medals, and we had the fastest Canadian male under the age of 20 running in a Lakehead uniform, with 4 more years (of eligibility) left to keep Lakehead University Running strong.

We also had 3 Lakehead program leaders (Nordic Skiing, Women's

Volleyball, and Cross Country Running) recognized as respective OUA Coaches of the Year. These 3 coaches, along with their 8 counterparts, trained, coached and led their programs to yield dozens of provincial and national All-Star recognitions and Major Award winners. With these accolades and exposure, Lakehead University captured (as a residual source of income) an audience of 100,000's of educational consumers (i.e. High School, transfer and Graduate Students, and their parents, partners and the proletariat - 3P, or 'Triple P' audience).

Nordic Skiing

Women - 9th consecutive OUA Championship, 2nd consecutive Canadian Championship

Men - 2nd consecutive OUA Championship, 2nd consecutive Canadian Championship

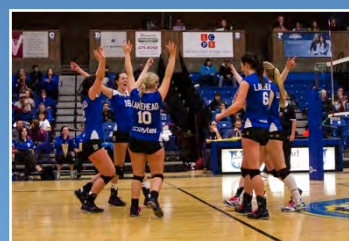
The Nordic Skiing teams had yet another 'banner year', capturing both the OUA and Canadian Championship titles, the former being hosted here in Thunder Bay at Lappe NSC (~150 visiting skiers). Not only did the Thunderwolves win the team titles, they also had the top individual skiers (M/F) in the province and the country. Two Lakehead skiers also represented Canada at the World U23 Championships in the Czech republic in January. Coach Amanda Holdsworth was named OUA Coach of the Year.

Men's Basketball (14-7)

(Rank: 2nd of 44 CIS)

The team made history this year, being the first Lakehead men's basketball team in 36 years to make it to the CIS Gold Medal game. They managed to make it through the provincial and national playoffs without the services of their top scorer, re-defining the meaning of the word 'Team'. This was their 4th consecutive trip to the National tournament. Graduating senior and Lakehead Male Athlete of the Year Greg Carter was once again declared CIS Defensive Player of the Year, and two Thunderwolves were OUA First Team All-Stars.

VARSITY HIGHLIGHTS



C. Varsity Highlights

Women's Basketball (7-14)

(Rank: 7th of 8, OUA West)

With a large group of first year players, they battled in one of the top divisions in the country (OUA West). They narrowly missed the playoffs, despite having some of the best shooters in the league, including one 2nd team All-Star.

Men's Hockey (17-9-2)

(Rank: 6th of 19 OUA)

The hockey team finished in third place in the nine-team OUA West Division. The Wolves qualified for the playoffs, but were eliminated in the OUA quarter-finals. Two members of the team (Matt Caria, Sault St. Marie, ON and Mike Hammond Victoria, BC) finished in the top 20 in league scoring.

Women's Volleyball (9-9)

(Rank: 7th of 13 OUA)

The team had their best year in nearly a decade, making it to the playoffs for the first time in 7 years. They had 2 OUA All-Stars who were statistically some of the most impressive players in the country. In addition, the Thunderwolves boasted the OUA Libero (defensive player) of the Year, in addition to OUA Coach of the Year.

Wrestling

Women (Rank: 3rd of 9 OUA; 7th of 14 CIS)--They placed 3rd in the OUA tournament (5 medals won - 1G, 1S, 3B), and finished the season strong, with 3 athletes winning their final matches to place 5th in the country in their respective weight divisions.

Men (Rank: 5th of 9 OUA; 11th of 14 CIS) – Lakehead's tradition of national-class wrestling continued in the past season, with veteran Dustin Helwig capturing his 3rd national Silver medal in the 54kg, and Chadd Lee narrowly missing out on the National hardware, finishing 4th. Lee (90kg) did capture an OUA Bronze medal, as did Scott Christian (72kg).

Cross-Country Running

Under the guidance of the OUA Coach of the Year (Kip Sigsworth), Lakehead running had a superb year.

Women (Rank: 8th 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. They also travelled to the reputed Guelph U race, home of the 7th straight - CIS Championship teams (both M/F).

Men (Rank: 5th of 15 OUA; 10th of 18 CIS)** – Lakehead narrowly edged out Western U to qualify for the National race (hosted in London), a Lakehead first in recent memory. The team also yielded the National Rookie of the Year, Dylan Brown, who is also the fastest male runner in the country under the age of 20, and Lakehead Athletics Male Rookie of the Year.

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

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 Thunderdome gymnasium, the Wolfe's Den fitness centre, 50 meter 8 lane swimming pool, cardio room outdoor sports fields, outdoor beach volleyball court, Kinesiology labs, squash court, change room complete with saunas. As well as a 50,000 square foot facility to complement the Fieldhouse containing a 200-meter track, artificial turf field, climbing wall, and additional weight training, aerobic and cardio areas.



4. Athletics Orillia

General Athletics and Recreation

- Teams represent Lakehead at the Orillia Dragon Boat Festival and the Orillia Terry Fox Run.
 - We participated in the Terry Fox Hair Do event for the 3rd year in a row and raised \$2370 between the run and do.
 - Co-Chaired Orientation and participated in the Ontario University Fair and Fall Preview Day.
 - Held a seat on the Student Experience Committee and the Campus Programs Committee.
 - Hired 1 work study student as the Sports Information and Marketing Assistant.
 - Hired 3 league coordinators to run intramural sports and drop in recreation programs.
 - Updated all website information on the new Lakehead Website.
 - Launched online registration system for athletics and summer camp. Scheduled to be used for FastPASS registration as well this coming summer.
 - Benson, Kearley IFG/DWM Securities Inc. agreed to sponsor athletics with \$3000/year for 5 years for student athlete achievement awards. Representative Michelle Cowell announced the new awards at the athletics banquet.
 - Planned a multi-sport/educational summer camp for youth and hired 3 summer staff.
 - 46 total campers over the summer (51% of available spots)
- Sponsored Spots
- New Path Youth and Family Services (2)
 - Big Brothers and Big Sisters (5)
 - Children's Aid (2)
 - Boys and Girls Club (2)
- Local Elementary Schools
- (4 - Notra Dame, Monsignor Lee, Lion's Oval).

4. Athletics Orillia

Campus Recreation

- Continued our membership partnership with the YMCA of Simcoe/Muskoka.
 - 762 or 1114 (68%) eligible full time students picked registered for their membership. There were 12 415 total usages between September and April.
- Summer social work students wanted Y access during the summer. A pass option was not created for them for the summer of 2012 but will be implemented for the 2013 class. A one off athletics event was planned for them over lunch near the end of their summer classes.
- Partnered with the Orillia Rowing Club to offer a 5-week introduction to rowing program for students. Had 4 participants. Transportation to the boathouse continued to deter participants.
- Drop-In/One Off events expanded to include rock climbing, 3-on-3 basketball, pick up hockey, open skate and varsity bus trips to women's volleyball and men's basketball.



Intramural Sports

- Continued to build on the intramural sports program that was started in 2010.
- Offered soccer, ultimate Frisbee, flag football, floor hockey, volleyball and dodgeball leagues. Some leagues showed lower participation numbers than last year in part due to an increase in club teams on campus in the same sports.

- Teams represented Social Work, 1yr BEd and undergraduate students. For the first time since intramurals started residence houses signed up teams.

Athletic Club Teams

- Continued to build the men's and women's hockey teams. Women's team had 2 volunteer coaches stay on from last year. Men's team had 1 volunteer coach stay on from last year. We also had 1 additional volunteer coach from the professional year B.Ed. program who assisted with drills for both teams. The women's team competed in 3 OCAA extramural tournaments and the men's team competed in 2. Both hockey teams competed in the Georgian College Fall Faceoff Tournament (OCAA) at Rotary Place.
- The men and women's hockey teams joined the Georgian College Super league and will continue to play in this league next year. The women's league was new this year and was a joint effort between Georgian and Lakehead.
- The equestrian team has another successful season and expanded to include both English and Western style riding.

4. Athletics Orillia

- The Men's soccer team started their second season by joining the Barrie indoor league for the fall semester travelled to the Redeemer and UTM tournaments (OCAA).
- The Women's soccer team started their first season successfully by playing in the Barrie indoor league both semesters.
- The men's basketball team competed in 2 OCAA tournaments and was granted the "Fair Play" award at both tournaments.
- The dance team has been taking part in lessons 2hrs per week and won the Bedazzled dance competition in Peterborough form both their Jazz and Lyrical routines.



Varsity Sports

- Rowing
 - Only had 2 dedicated student athletes this year.
 - Need to come up with a strategy moving forward as this could be our only OUA sport on campus
- Curling
 - Had 3 women and 3 men return from last year's team. Recruited 2 new men and 3 new women.
 - Training commenced mid-October.
 - Teams competed at the OUA championships in Guelph in February and again didn't win any games.
- Ontario Colleges Athletics Association (OCAA)
 - Submitted our application for affiliate membership and presented to the OCAA Director's meeting in December. Got accepted at the meeting and media release went out in April 2013.

Overall Student Participation in athletic programming

- 243 unique students registered for some sort of organized athletic programming.

4. Athletics Orillia

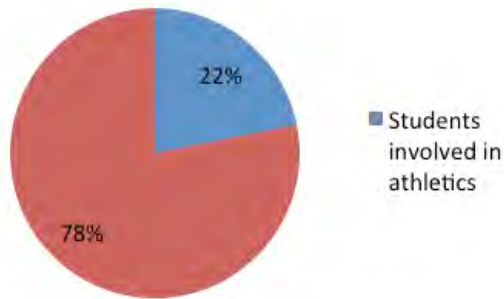


Figure 4: Percentage of total student body participating in organized sport (Intramurals, Athletic Club Teams and Varsity)

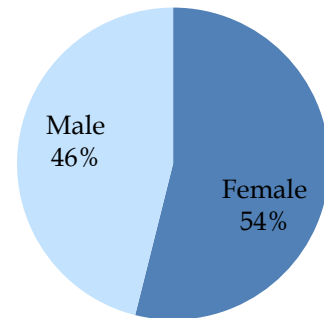


Figure 5: Comparison of Male and Female participation

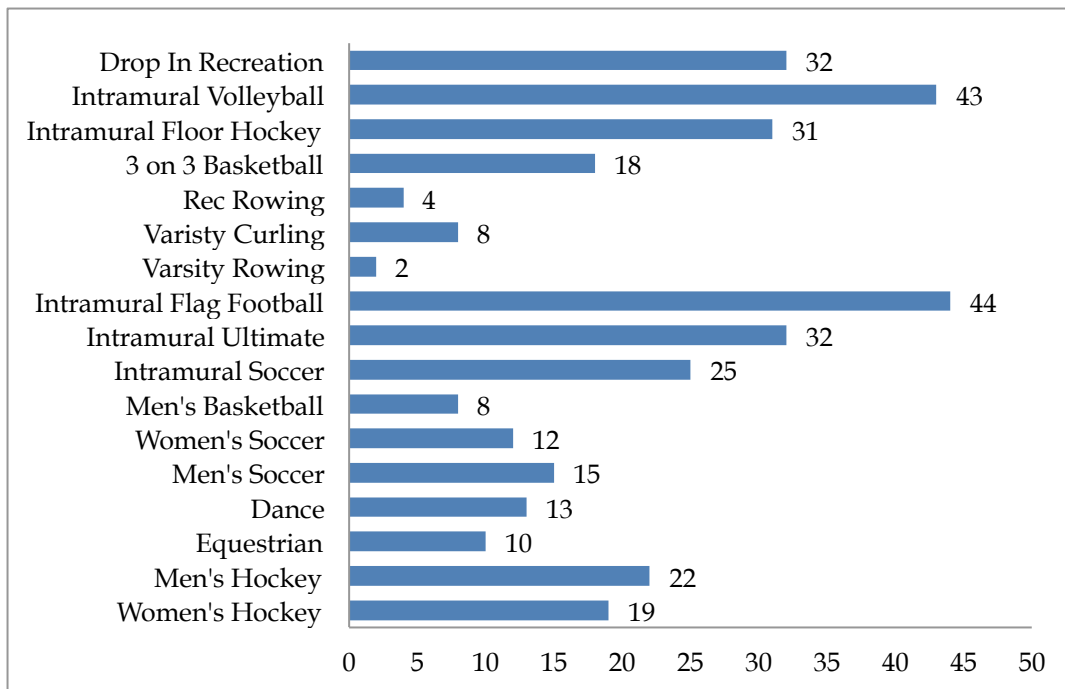


Figure 6: Registration by sport

5. Community Engagement Community Partnerships and Programs

Reach Up! Northern Community Sport and Leadership Program

Reach Up! is a collaborative initiative between Lakehead University and Wasaya Airways to provide on-site instruction in sport-specific coaching and general leadership strategies for youth in Northern Ontario First Nations communities serviced by Wasaya Airways. Program visits feature discussion between Lakehead coaches and community coaches/leaders on how to grow and sustain interest in sport as well as sport-specific training. In addition, Lakehead athletes meet with local youth to discuss peer leadership, life goals, and to share their personal experiences. Lakehead University and Wasaya Airways believe in the power of



sport to change lives and want to establish a sustainable program that will not only create a legacy of activity in Northern communities, but also encourage Aboriginal youth to consider the benefits of postsecondary education for themselves and their communities.

Reach Up! had four athletes visit Bearskin Lake First Nation and Pic River First Nation in March 2013. Both

communities thoroughly enjoyed the program, and our athletes had a great experience delivering athletic programming to the youth in the community.

Reach Up! planned a trip in December of 2012 to Sandy Lake First Nation however it was re-scheduled due to weather conditions for the spring of 2013. We have continued to develop our relationship with Wasaya Airlines, and other First Nations communities so we are able to provide a one of a kind program to remote communities. Reach Up! is also looking at traveling more locally to surrounding communities this summer.



PARTNERSHIPS AND PROGRAMS



5. Community Engagement Community Partnerships and Programs

Achievement Program

The Achievement Program is an integral part of the University's strategic plan as it assist First Nation, Métis, Inuit and First Generation students with their dreams of attending university. During the 2012/2013 year, the Achievement Program has made progress in fine tuning the program by involving three aspects that the youth have to participate in; physical activity, educational and cultural activities. Students in grade four through twelve will participate in an ActiveU Day on Campus event each year organized by athletics which will explore recreational, educational and cultural activities. The Department of Athletics has also assisted with the development of the case for support, which will contribute in the fundraising for this program.



During the 2012/2013 school year there has been an additional twenty-five students enrolled from the Lakehead Public School Board who have joined our original thirteen students. These thirty-eight students participated in an ActiveU Day on Campus in May with the Department of Athletics, Office of Aboriginal Initiatives, Faculty of Engineering and the School of Kinesiology.

Moving forward with this program, the university will

be enrolling the following school boards over the next few years: Thunder Bay Catholic District School Board, Keewatin Patricia District School Board and the Superior Greenstone District School Board each with an additional twenty-five students in the first year.



5. Community Engagement

Community Partnerships and Programs

ActiveU

The Athletics Department has work diligently on creating and marketing their new ActiveU program. This program is for students in grades 4-6, that explores recreational and educational programming in a diverse setting at Lakehead University.

From the gymnasium and playing fields, to the pool and the laboratory, students will have plenty of opportunity to exercise their bodies and their minds under the guidance of varsity athletes

and Lakehead University professors alike. Last summer there were two one-week camps that ran in July and August, and a March Break camp. We have continued to market this program in local school and varsity events. This camp is growing momentum from the sound programming and positive feedback it is getting from parents and community members.



Program Goals

- To provide a positive and enjoyable program through a great leadership by all staff and volunteers.
- To provide children with a variety of activities that they might otherwise not participate in.
 - To demonstrate and teach children that learning is both fun and valuable.
 - Provide children with hands-on experience in career related activities so they can in vision themselves taking the next steps to further their education.
 - To assist children and youth in increasing their self-confidence and social skills with others.
- To encourage children and youth to develop their interest and skills in a variety of areas.
- To motivate children and youth to stay in school and to feel comfortable on a university campus.

Community Outreach

The Athletics Department this year has reached out to a number of community members to provide programming for youth. Lakehead University Athletics partnered with the City of Thunder Bay this year to bring ActiveU Girl Power Day to a number of female youth in the community during a PA Day. Athletics will continue to develop their partnership with the City of Thunder Bay. Athletics also partnered with the City of Atikokan to host an afternoon basketball clinic with the expertise of our varsity athletes.

5. Community Engagement

Partners in Sport

The Partners in Sport program that the Catholic Board currently participates in will be re-branded into ActiveU starting in May 2013. The Lakehead Public School Board will be joining this program and participating in three half-day sessions each year with Lakehead University's athletes and coaches.

Community Outreach

This year we partnered with the City of Thunder Bay to run an ActiveU Girl Power Day, which was a huge success. We also partnered with the City of Thunder Bay's March Break program. They participated in our ActiveU March Break camp for an afternoon of snowshoeing and low organized activities. The City of Thunder Bay has contacted us to partner in the summer for a Sports Sampler with the Thunderwolves. We will provide the expertise for a variety of sports over the course of a week. I wish to continue working with the city, whenever possible, to have the youth in our community to interact with our athletes.

A Group of youth in Atikokan participated in a 2-hour basketball clinic run by our men and women's basketball team in March. The program was well-received and acquired television coverage as well.



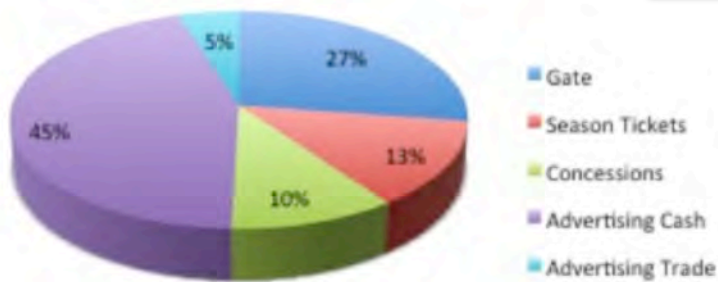
This June, the Department of Athletics has partnered with the Coaches Associate of Ontario, in hosting a Super Clinic, which is the first of its kind in Northern Ontario. The certifications that are being offered are curling, Olympic lifting, equestrian, hockey, judo, volleyball, swimming and a nine multi-sport module. I have assisting in the planning and organization of this program. We will also be promoting our Reach Up! program during this clinic as there will be many coaches from the surrounding area who could benefit from the Reach Up! Program travelling to their community.

5. Community Engagement Varsity Marketing

With the continued success of our varsity programs, season ticket interest increased to a point where we were sold out for the 2013 season for court sports and had a total of almost 1700 season ticket holders for Men's Hockey. This past season we were able to collaborate with Residence and LUSU to help increase our student attendance at our games. For basketball, we were able to give discounted rates for the 'ThunderZone', which proved to be a great student section and provided much of the hype behind our beloved 'hecklers row'. With these overall successes our brand has become more visible to the community and continues to be an attractive point of discussion for the Thunder Bay community. Our basketball program was on national television four separate times this past season giving fantastic exposure to our brand and positive publicity for Lakehead University.



Varsity Marketing Income Breakdown



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

