

# Lakehead

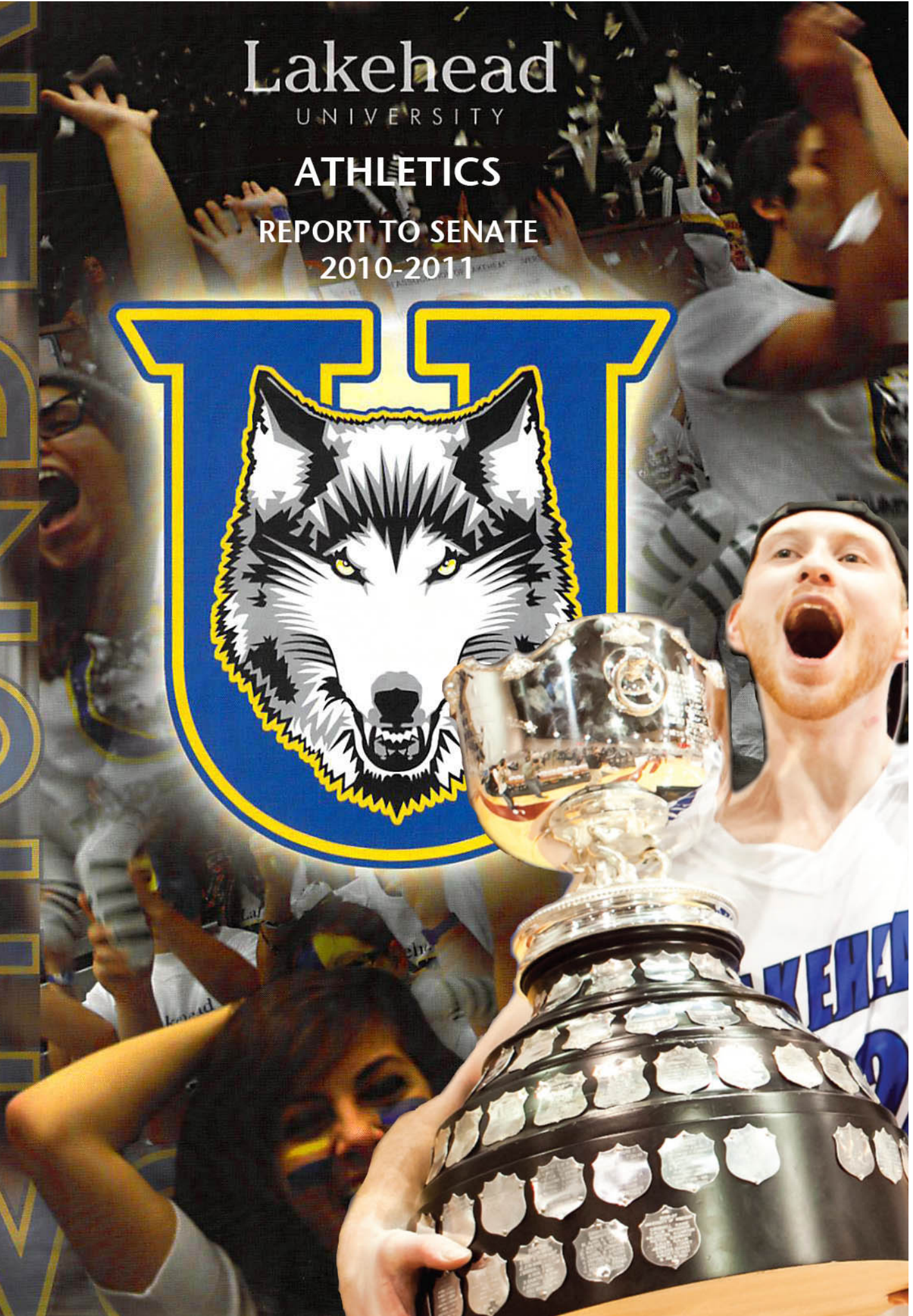
UNIVERSITY

## ATHLETICS

REPORT TO SENATE  
2010-2011



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## MEMORANDUM

**TO:** Members of Senate

**DATE:** April 28, 2011

**FROM:** Tom Warden, Athletics Director

**Subject:** Athletics

### **Preamble.**

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.

### **Lakehead Athletics Vision.**

Lakehead University Athletics Department will be a department that creates an environment in which the student-athletes can achieve their highest level both athletically and academically. We will enhance the university experience for all students.

### **Lakehead Athletics Mission.**

To enrich the student experience by offering quality athletics and physical activity programs while enhancing the profile and marketability of Lakehead University. We will strive for national championships in all varsity sports.

## 1. Varsity Report.

### A. 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. 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 for 2011

<i>Team</i>	<i>Number of Athletes</i>	<i>Team Average</i>	<i>Graduate Students</i>	<i>Number of Academic All-Canadians</i>
Men's Basketball	14	69.4	0	3
Women's Basketball	16	71.4	0	3
Women's Cross Country Running	11	81.0	1	6
Men's Cross Country Running	6	77.1	0	3
Men's Hockey	24	71.5	0	5
Women's Nordic Skiing	8	81.3	0	4**
Men's Nordic Skiing	4	79.6	0	2**
Women's Track and Field	16	79.0	0	10
Men's Track and Field	8	78.1	1	4
Women's Volleyball	17	73.8	0	5
Women's Wrestling	9	75.4	0	2
Men's Wrestling	16	71.9	0	4**
Men's Curling*	4	68.75	0	0**
Women's Curling*	6	73.2	0	1**
Men's & Women's Rowing*	5	66.6	0	0**
<b>Total</b>	<b>164</b>	<b>75.3</b>	<b>2</b>	<b>52</b>

\* Denotes Orillia Campus

\*\* Denotes OUA Academic Achievement Award

## **D. Varsity Highlights.**

Lakehead University Athletics had an excellent year with the Men's Basketball team winning the OUA Wilson Cup Championships and placing 5<sup>th</sup> at the CIS Championships in Halifax, Women's Nordic Team capturing the OUA and CIS championships and a personal best for our Track team members with an OUA and CIS Silver medal.

### **Men's Basketball**

Regular season record: 17-5 Playoff Record: 5-1

Major Awards: 1<sup>ST</sup> place, OUA West OUA; Wilson Cup Champions (1<sup>st</sup> in team history), Finished 5<sup>th</sup> @ CIS Final 8

Individual Awards: Jamie Searle, 1<sup>st</sup> team OUA West All Star, Wilson Cup Finals MVP, LU Male Athlete of the Year; Greg Carter, OUA Defensive Player of the Year; Scott Morrison, OUA West Coach of the Year, Venzal Russell, 2<sup>nd</sup> team OUA West All Star.

### **Track & Field**

CIS Results: MEN –Alastair Brown, 1000m, Silver

OUA Results: MEN- Alastair Brown, 1000m, Silver

### **Nordic Skiing**

Major team accomplishments: OUA overall women's champions

Outstanding individual performances: Andrea Lee, women's overall OUA champion, overall aggregate winner at Nationals; Greg Kilroy, men's overall OUA champion

### **Women's Basketball**

Regular season record: 13-9 Playoff Record: 1-2

Major Award Winners: Tasia McKenna, 1<sup>st</sup> team OUA West All-Star, LU Female Athlete of the Year; Lindsay Druery, 2<sup>nd</sup> team OUA West All Star

### **Cross Country Running**

OUA Playoff finish: WOMEN – 6<sup>th</sup> in 5 km race (best finish in 10 years); MEN – 9<sup>th</sup> in 10 km race  
Other Meet Results: Ashland Wisconsin Meet – Men and Women's divisions (respectively)– 1<sup>st</sup> place, Queen's Invitational – WOMEN (5 km race)– 2<sup>nd</sup> place, MEN (10 km race) – 5<sup>th</sup> place

### **Men's Hockey**

Regular season record: 16-9 Playoff record: 0-2

Major Awards: Matt Caria, 1<sup>st</sup> team OUA West All Star; Jordan Smith, 2<sup>nd</sup> team OUA West All Star, Flag bearer and team captain at the FISU games in Turkey.

### **Women's Volleyball**

Regular season record: 3-16

Major award winners: Vanessa Chorkawy, 1<sup>st</sup> team OUA East All Star

### **Women's & Men's Wrestling**

CIS Results: MEN (9<sup>th</sup> PLACE) Gaston Tardiff- Silver; Dustin Helwig- Bronze; Colten Woznow - Bronze; WOMEN (4<sup>TH</sup> PLACE) Nicole Plummer –Silver.

OUA Results: MEN (4<sup>TH</sup> PLACE)-Jason Bresele–Gold; Gaston Tardiff –Gold ; Trevor Steffler –Bronze; Colten Woznow -Bronze; Dustin Helwig–Bronze WOMEN (3<sup>RD</sup> PLACE)- Nicole Plummer (82Kg) – Gold; Aislynn Torfason (59Kg)- Gold; Jes Smith (55Kg) –Silver; Jessica Bershatsky (48Kg)- Bronze; Alexi Kreps (51Kg) Bronze; Karleah Bonk (63 Kg) –Bronze.

## 2. Campus Recreation Report.

The Lakehead University's Campus Recreation Thunder Bay program continued to offer a wide selection of participant and competitive opportunities for our students, faculty, staff and general public during the 2010-2011 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. Many opportunities were provided for student employment and leadership development in jobs such 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 2010 Fitness Registration Numbers

<b>Program</b>	<b>Participants</b>
Belly Fit	12
Lunch Body Blast	7
Circuit Training	9
Morning Spin Class	10
Evening Spin Class	12
Hip Hop	8
Latin Dance	9
Fit Yoga	25
Beginner Yoga	11
Kundalini Yoga	8
Egyptian Belly Dancing	10
<b>Total Number of Participants</b>	<b>121</b>

### Winter 2011 Fitness Registration Numbers

<b>Program</b>	<b>Participants</b>
Belly Fit	15
Lunch Body Blast	13
Circuit Training	7
Morning Spin Class	12
Evening Spin/Core Class	12
Lunch Yoga	8
Fit Yoga	23
Beginner Yoga	10
Kundalini Yoga	12
Egyptian Belly Dancing	10
<b>Total Number of Participants</b>	<b>112</b>

### Fall 2010 Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Volleyball	16	176
Co-ed Outdoor Soccer	15	230
Co-ed Flag Football	10	110
<b>Total Number of Participants</b>		<b>516</b>

### 2010-2011 Full Term Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Hockey	8	164
NBC Hockey	16	336
Badminton	0	27
Ultimate Frisbee	0	201
<b>Total Number of Participants</b>		<b>728</b>

### Winter 2011 Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Basketball	8	83
Co-ed Flag Football	12	132
Co-ed Indoor Soccer	16	176
Co-ed Volleyball	12	129
Co-ed Touch Rugby	0	37
<b>Total Number of Participants</b>		<b>557</b>

**Total number of participants: 2034**

### 3. Club Sports.

Club Sports provide opportunities for students who desire a more in-depth sports experience than is provided in Campus Recreation sports or informal recreation. Club Sports blend high performance with the aspects of learning new skills, practicing regularly with club members and competing against other club teams, universities or colleges.

<i>Program</i>	<i>Men</i>	<i>Women</i>	<i>Participants</i>
Rugby	X	X	100
Cheerleading	X	X	45
Soccer	X	X	40
Dance		X	20
Volleyball	X		20
Ultimate Frisbee	X		26
Baseball	X		TBD
Ringette		X	15
Cricket	X		20
<b>TOTAL</b>			<b>286</b>

#### **4. Orillia Campus – Athletics and Recreation Report.**

##### General Athletics and Recreation

- Funded a student run group who participated in the Orillia Dragon Boat festival. This is a great event in September with a high student participation rate.
- Had a group of 5 students along with Kim Fedderson and Liz Ross represent Lakehead at the Terry Fox Run. We also had 3 brave volunteers shave their heads in support of the Terry Fox Foundation.
- Had a presence at Orientation, the Ontario University Fair, Lakehead Grand Opening, Fall Preview Day and March Break.
- Held a seat on the Student Experience Committee.
- Started an Athletics Advisory Council with student, staff and faculty representatives to give input on the growth and development of the athletics and recreation programming at the Orillia campus.

##### Campus Recreation

- Began a non-competitive campus recreation program for students, which included classes in yoga, Pilates and martial arts.
- Partnered with the Orillia Rowing Club to offer a five-week introduction to rowing program for students at a reduced cost.
- Ran a free walking challenge in conjunction with the Wellness Center to promote healthy active living among students.

##### Intramural Sports

- Began an intramural sports program for students attending the Orillia campus.
- Offered a soccer league and an ultimate Frisbee league in the fall semester.
- Offered a volleyball league and a basketball league in the winter semester.
- Leagues were scheduled so that BEd students could participate in all games before going on their teaching placements.

##### Athletic Club Teams

- Took over the men's and women's hockey teams from LUSU.
- Assisted students with creating an Athletic Club Equestrian team, which began training in January and will begin to compete in September 2011.
- Assisted students with creating an Athletic Club Men's Soccer team which will begin training and competing in September 2011.

#### 4. Orillia Campus – Athletics and Recreation Report. Cont’d.

##### Varsity Sports

- Rowing
  - Began a varsity rowing program with 5 athletes coming out for the first season.
  - Developed a strong working partnership with the Orillia Rowing Club and head coach Ron Pidgen.
  - While many of the athletes were new to the sport at the beginning of the year they showed great improvement and will be prepared to be more competitive next season.
- Curling
  - Began a varsity curling program with 10 athletes coming out for the first season to make a full team compliment in men’s and women’s curling.
  - Developed a strong working partnership with the Orillia Curling Club and club president/Lakehead coach Bruce McIntosh.
  - The teams ended their season by attending the OUA championships where they were well received and although they didn’t win a game other teams were impressed by their skill level after only curling for 4 months.
- Thunderwolves Hockey Game
  - Planned and executed a sold out Thunderwolves Varsity Hockey game against York University at the new Rotary Place Arena next door to 500 University Ave.

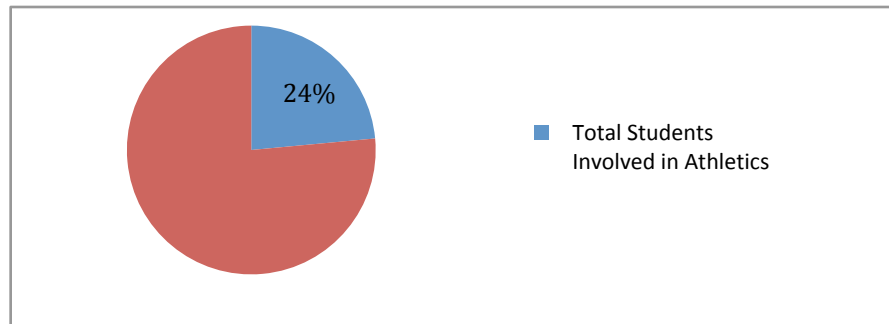


Figure 1. Overall student participation in athletics and recreation programming



#### 4. Orillia Campus – Athletics and Recreation Report. Cont'd.

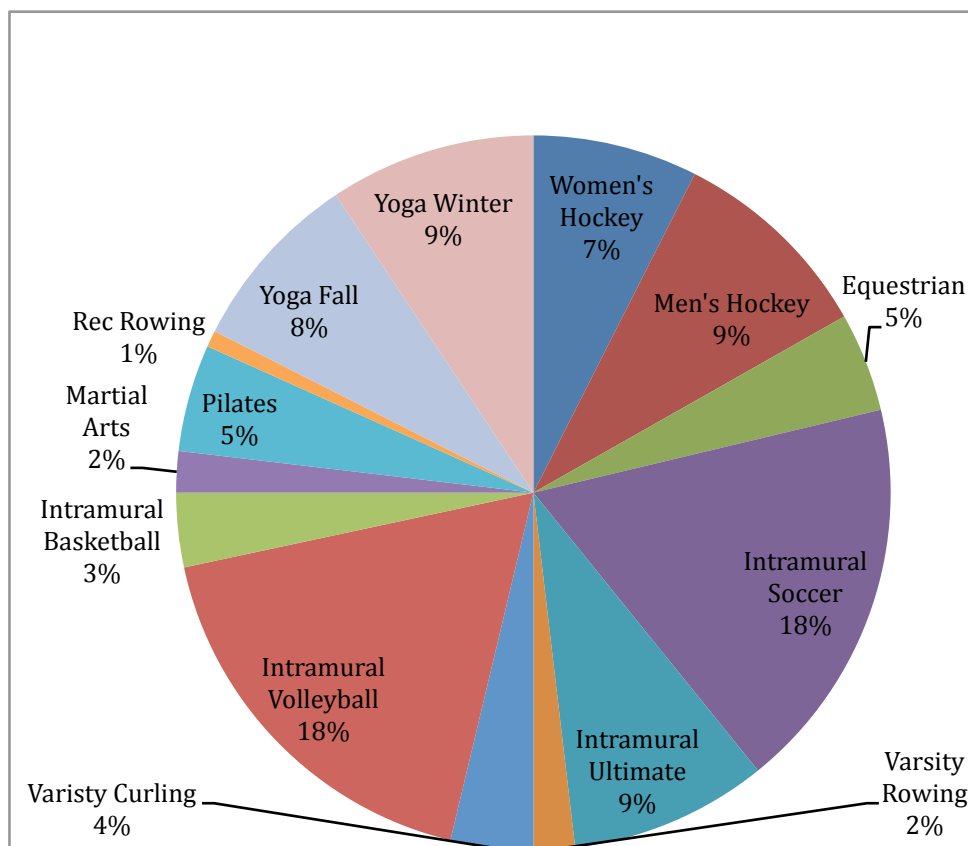


Figure 2. Break down of student participation by program

#### 5. Facilities Report.

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, state-of-the-art Wolves' Den fitness centre, 50 meter 8 lane swimming pool, cardio room, outdoor sports fields, outdoor beach volleyball court, Kinesiology labs, squash court, change rooms complete with saunas. A 50,000 square foot facility complements the Fieldhouse it contains a 200-meter track, artificial turf field, climbing wall, and additional weight training, aerobic, and cardio areas. This modern facility greatly increases the athletic resources available to students.

A recent renovation which includes a complete upgrade of the pool area and improved accessibility for students and users with special needs, will ensure that we are able to provide excellent services to our students and stakeholders for many years.

#### 6. Governance Report.

Governance structure includes the following committees, boards or councils: Athletics Advisory Board, Varsity Council, Fitness Advisory Board and Risk Management Committee.

## **7. New Initiatives.**

### **Partners in Sport.**

In January 2011 Lakehead University Athletics announced a new partnership with the Thunder Bay District Catholic School Board. "Partners in Sport" is a unique program provided by Lakehead Athletics for each student at the Grade 4 and 5 level. During the course of 3 weeks, over 1800 students visited C.J. Sanders Fieldhouse to participate in the successful sport program. During each school's visit the students were divided into groups and gained exposure to five different varsity sports in addition to the Lakehead University athletic facilities. The visiting students were instructed and inspired by Thunderwolves' varsity athletes who taught sport skills while setting an excellent example of a healthy lifestyle. The young students walked away each time impressed by both our facilities and the manner in which our Lakehead student athlete's represented the University as a whole.

The School Board was extremely excited about the media attention and the general quality of the program and has agreed to have a second round of visits for each of their schools starting in May. The potential for a long-standing relationship also exists.

### **Wasaya Airways Northern Community Sport & Leadership Program.**

A partnership with Lakehead University Athletics and Wasaya Airways is being created to provide on-site instruction in both sport specific coaching as well as general leadership strategies for youth in Northern Ontario communities. Each visit or session would include sport instruction from Lakehead athletes and coaches to the participating youth in the community. The visit will also feature discussion between the Lakehead coaches and community coaches/leaders on sport specific teaching as well as advice on how to grow and sustain interest in sport. The Lakehead athletes will meet with the local youth to discuss peer leadership, life goals and share their personal experiences. The goal of Lakehead Athletics is to set up a sustainable program that promotes sport and the university and creates a legacy in these communities. We are currently working with Wasaya to finalize the details of this program.

### **RBC 101.**

This program will consist of a series of seminars for all student-athletes. The seminars will be comprised of both lecture and small group discussions with peers and special guests to illustrate how, expert financial management, teamwork, character, drive and discipline will lead to success in the classroom as well as in athletic competition and life. Regardless of the sport, we believe that success in academics lead to success in athletics. This program is unique because of its wide-ranging topics and direct connection to successful and active professionals in the community. It has been shown that mentorship programs such as the proposed RBC 101 help increase overall academic success.

**Submitted by:** Tom Warden, Athletics Director