

MEMORANDUM

To: Members of Senate

DATE: April 12, 2012

From: Tom Warden, Athletics Director

Re: Athletics

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.

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 for 2010-2011

TEAM	Number of Athletes	Team Average	Graduate Students	Number of Academic All Canadians
Women's Basketball	14	71.0	0	0
Men's Basketball	16	70.0	0	3
Women's Cross Country Running	9	78.8	0	3
Men's Cross Country Running	7	81.6	1	3
Men's Hockey	26	70.3	2	5
Women's Nordic Skiing	10	83.6	0	7**
Men's Nordic Skiing	6	76.0	0	2**
Women's Track and Field	12	77.8	0	4
Men's Track and Field	9	80.4	2	4
Women's Volleyball	12	73.4	0	3
Women's Wrestling	7	76.5	0	2
Men's Wrestling	14	70.0	0	1
TOTALS	142	75.8	5	37

** 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 2011-2012 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 and a rapid pace.

Many opportunities were provided for student employment and leadership development as convenors, organizers, officials and instructors across all levels of programming. Almost 40 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 2011 Fitness Registration Numbers

<i>Program</i>	<i>Participants</i>
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 Number of Participants	135

Winter 2011 Fitness Registration Numbers

<i>Program</i>	<i>Participants</i>
Athletic Conditioning	20
Power Conditioning	25
Circuit Training	8
Morning Spin Class	15
Evening Spin Class / Core	17
Beginner Yoga	15
Kundalini Yoga	12
Fit Yoga	23
Total Number of Participants	145

Fall 2011 Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Volleyball	16	176
Co-ed Outdoor Soccer	18	255
Co-ed Flag Football	12	132
Total Number of Participants		563

2011-2012 Full Term Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Hockey	8	164
NBC Hockey	16	363
Badminton	n/a	38
Ultimate Frisbee	n/a	350
Total Number of Participants		915

Winter 2012 Sports Registration Numbers

<i>Sport</i>	<i>Teams</i>	<i>Participants</i>
Co-ed Basketball	9	97
Co-ed Flag Football	12	132
Co-ed Indoor Soccer	16	176
Co-ed Volleyball	16	96
Co-ed Touch Rugby	n/a	52
Total Number of Participants		553

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: baseball, cheerleading, dance team, cricket, golf, lacrosse, rugby, soccer, ultimate frisbee, men's volleyball and equestrian. A total of 14 men's and women's programs.

C) Varsity Highlights

Nordic Skiing

(1st place, men's and women's teams in Ontario and Canada)

The nordic ski team completed what most agree is a 'perfect season', with both the men's and women's team capturing championship banners at the OUA and National level, and Thunderwolves being named as National MVPs.

Wrestling

(Women 2nd at OUA's, 6th Nationally)

(Men 5th at OUA's, 8th Nationally)

The wrestling team hosted the CIS Championships for the second year in a row, with Thunderwolves being selected as both the male and female Most Outstanding Wrestlers of the championship.

XCR-Track

The Cross Country Running and Indoor Track and Field team set more than 7 new school records, with most athletes also setting new personal bests, and our top male athlete running the fastest time in the 1000 meter race at OUA 's.

Men's Basketball (20-2)

The men's basketball team made history with their most successful regular season and third straight trip to the CIS Final 8 Championship. Our starting point guard was also named as Top Defensive player in the country.

Men's Hockey (19-9)

The men's hockey team skated to another strong finish, with four Thunderwolves receiving major OUA awards and one Rookie being recognized on the CIS All-Rookie team.

Women's Basketball (11-11)

The women's basketball team showed another strong performance while competing against a national champion in their division, and had their captain recognized nationally for her excellence in sport, academics and community service.

Women's Volleyball (1-18)

The women's volleyball team soared and scored with the best of them, losing 4 or more matches in the 5th set to tough opposition. They return all their roster next year, and will welcome back national team prospect Vanessa Chorkawy from a season deferred by injury.

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 Wolves' 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

- Had 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 2nd year in a row and raised over \$4000.
- Participated in Orientation and Fall Preview Day.
- Held a seat on the Student Experience Committee and incorporated the Athletics Advisory Council with the Student Experience committee to continue to gain input on the growth and development of the athletics and recreation programming at the Orillia campus.
- Hired first 2 work study students to help with refereeing and administration.
- Updated Website and made a separate page for each sport/team.
- Planned a multi-sport/educational summer camp for youth and hired 3 summer staff who will start in May.

Campus Recreation

- Started up our membership partnership with the YMCA of Simcoe/Muskoka.
 - 714 students out of approximately 825 eligible full time students picked up their membership cards.
- Summer social work students wanted Y access during the summer. We will look into offering this next year for those 60 students who are in classes full time over the summer.
- Offered yoga classes twice weekly to social work students during the summer. 10 students attended the initial class and the remaining 5 classes had no participants. May offer 2 single day events for SW students next year instead.
- Partnered with the Orillia Rowing Club to offer a five week introduction to rowing program for students. Had 4 participants. Many first year students were interested but transportation to the boat house was the issue.

Intramural Sports

- Continued to build on the intramural sports program that was started in 2010.
- Offered soccer, ultimate Frisbee, flag football, floor hockey and volleyball leagues. Leagues filled but dedication became an issue with some teams. Some schools have dealt with this issue by having a performance bond which is returned to students who attend 80% of their games.
- Teams represented Social Work, 1yr BEd and undergraduate students.
- Started looking into online registration options to help increase ease of registration.

Athletic Club Teams

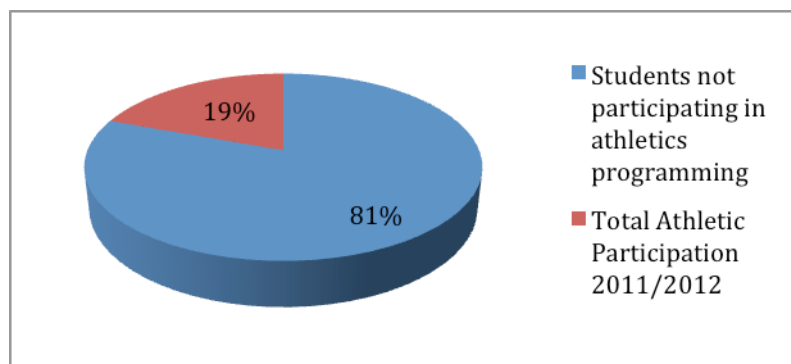
- Continued to build the men's and women's hockey teams. Women's team had 3 volunteer coaches step forward. Men's team had 1 volunteer coach step forward in January and we hope to have 2 volunteer coaches for the men's team for September.
- Both hockey teams competed in the Georgian College Fall Faceoff Tournament at Rotary Place which will become a yearly tournament. Each team competed in 2 other OCAA Extramural hockey tournaments as well (including Laurier Brantford and Fleming Lindsay)
- The men's hockey team joined the Georgian College Super league and will continue to play in this league next year. I am currently working with Georgian to see about starting a similar league for our women's teams.
- The equestrian team began their first competition season successfully getting ribbons at their first 3 shows.
- The Men's soccer team started their first season successfully by winning 2 of their 3 exhibition games and getting 3rd place in their first OCAA Extramural tournament. The team also had a volunteer coach step forward.
- Budgets and Team rosters were shared between athletics and team executives on google docs so they could be updated by all. Team admin has run much smoother this year.
- Met with students to discuss how to start new teams in Martial Arts, Quidditch and Cheerleading. None of these students have put in official applications as of yet.

Varsity Sports

- Rowing
 - Continued to build the rowing team in its second year.
 - Need to work on commitment to training and recruiting of athletes with previous rowing experience.
- 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.
- Thunderwolves Hockey Game
 - Attempted combining advertising with Fall Preview Day to get more "bang for our buck" but we got overshadowed in radio and print advertising. This year was not a sold out crowd.
 - Next year we will drop the pep-rally and advertise separately. We may even aim to have the game on a date separate from Preview Day. Face Painting and Sign making can happen at Rotary Place prior to the game start. Pictures with Wolfie could happen here too.
 - Had a dedicated group of 14 volunteers to help with t-shirt toss, selling tickets, taking tickets and doors and seating people.
- Ontario Colleges Athletics Association (OCAA)
 - Had several meetings with Greg Stewart from Laurier Brantford about their recent successful application to join the OCAA which will allow them to have overlapping sports with the larger Laurier campus in Waterloo.
 - Put together a proposal to have the Lakehead Orillia campus follow a similar model. This proposal was given to Tom to present to the president in January 2012 and the official application will be submitted to the OCAA in September if we get the green light.

Overall Student Participation in athletic programming

- 222 unique students registered for some sort of organized athletic programming during the fall



semester.

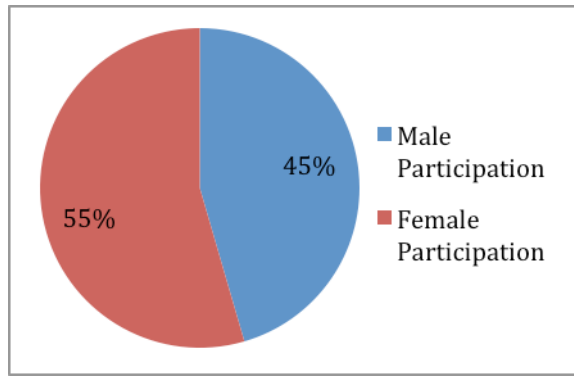


Figure 5: Comparison of Male and Female participation

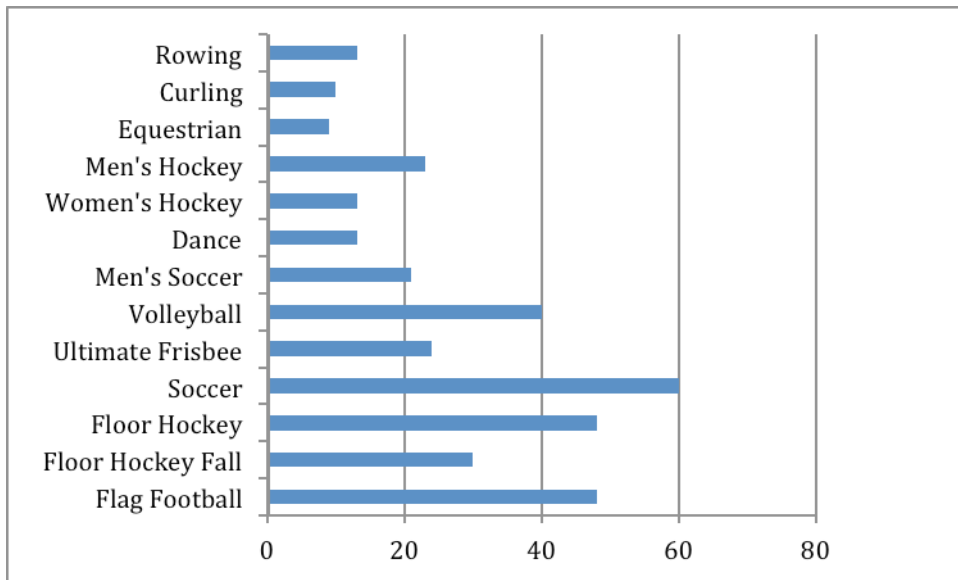


Figure 6: Registration by sport

5. Community Partnerships and Programs

Lakehead University Athletics Department continued to implement our strategic plan for programs and initiatives for the 2011/2012 year, which included Reach Up – Northern Community Sport and Leadership Program, The Achievement Program as well as many other community programs and partnerships.

A) “Partners in Sport”

Lakehead University Athletics continued our special 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 1900 students visited Sanders Fieldhouse to participate in the successful 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.

B) Reach Up! Northern Community Sport and Leadership Program

Reach Up! is a collaborative initiative between Lakehead University Athletics 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 Athletics 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.

The media conference for this event took place on November 17th, 2011 at the Wasaya Airways Hangar and was a huge success. There is currently a mini Reach Up! trip planned at the end of April to Pikangikum First Nation where a basketball clinic will take place, as well we are in the beginning stages of planning a trip to Kingfisher First Nation in May or June for a hockey clinic.

Since signing a Memorandum of Understanding with Wasaya Airways, Lakehead University Athletics has also begun collaboration with Right To Play to support program research, design, monitoring and evaluation and community engagement to ensure implementation of a successful community development program in First Nation communities. We are currently working on a developing and implementing a Run For Fun Program with Right To Play to implement in August 2012.

C) Achievement Program – Dream It. Believe It. Achieve It

During the 2011/2012 year, the Achievement Program has made progress in program development and eligibility. The Achievement Program is an integral part of the University’s strategic plan as it relates to assisting first generation students with their dreams of attending university. The Achievement Program committee has met on numerous occasions to discuss program parameters, student eligibility, and the

drafting of the Memorandum Of Understanding. The Achievement Program currently has thirteen students enrolled from Lakehead Public Schools and are adding an additional thirty-five students in September 2012. The Memorandum Of Understanding media conference was held April 11, 2012 at Sherbrooke Public School and was well received by the community and partners involved. We look forward to fine tuning the program and extending into other boards in Northwestern Ontario. We currently have talked to the following interested boards; Keewatin-Patricia District School Board and Superior-Greenstone District School Board.

D) Community Outreach

The Athletics Department has also worked with Dennis Franklin Cromarty High School to provide opportunities for students. Lakehead University Athletics organized a pep rally at Dennis Franklin to kick off our new relationship in providing students with the opportunity to visit Lakehead University to take part in activity clinics hosted by our athletes and coaches. We look forward to continuing this relationship on a yearly basis.

The Department of Athletics has also assisted in running activities with McKellar Park School and Westgate Secondary School as well as many others during 2011/2012.

E) Sport Specific Camps

Lakehead University Athletics continued to offer numerous sport specific camps and leagues run and operated by our varsity programs. These camps provide opportunity for young high-performance athletes to participate in skill-based camps and provides competitive opportunities that develop athletic skills. Our camps provide opportunity for close to 1,000 young people in our community. These camps run all year and each one of our varsity programs offers a wide variety.

F) Active University

The Athletics Department is in the midst of developing a program called Active University. This program will cater to a wide variety of children with a wide variety of interest and skill levels. Active University will also be a segment of the Achievement Program for students in the summer allowing them to earn money towards their tuition credits.

The mission of Active University is: "to create a positive difference in the lives of children and youth through a student-centered learning approach to cooperative physical activity and educational programs."

Active University is a camp for children and youth that will explore recreational and educational fun-based programming in a diverse setting at Lakehead University. It will encourage children and youth, through inclusive physical activity and interactive educational programs, to grow their self-confidence and social skills.

Respectfully submitted by,

Tom Warden, Athletics Director



THUNDERWOLVES

Reach Up!

**Northern Community
Sports & Leadership Program**

**Lakehead University Athletics and Wasaya Airways
Bring Sport and Leadership to Fly-in Communities**

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To book a visit please contact
Lakehead University Athletics at (807) 343-8950
or email reachup@lakeheadu.ca

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