

## MEMORANDUM

**Date:** June 4, 2008  
**To:** Members of Senate  
**From:** Tom Warden, Athletics Director  
**Subject:** Athletics

### Introduction.

Athletics is an integral part of the University life style that 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's image by adding diversity and richness to university life.

Lakehead University's dynamic and varied Athletics Department recognizes the necessity for comprehensive campus recreation programs and works hard to make students' time at our University as enjoyable as possible. Lakehead University offers a variety of varsity and club level sports.

### 1. Academics and the Athlete.

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

#### A) Academic Success Program (ASP) and Academic Assistance Program (SASP).

**ASP:** A program designed for all athletes that teaches skills in time management and essay writing along with a complete introduction to the various student services offered on campus.

**SASP:** An academic assistance program 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 2007-2008**

TEAM	NUMBER OF ATHLETES	TEAM AVERAGE	GRADUATE STUDENTS	NUMBER OF ACADEMIC ALL-CANADIANS
Women's Basketball	13	70.3	0	1
Men's Basketball	14	65.9	1	3
Women's Cross Country Running	14	75.3	1	3
Men's Cross Country Running	9	77.9	0	3
Men's Hockey	24	73.3	0	4
Women's Nordic Skiing	7	76.4	0	2**
Men's Nordic Skiing	6	69.8	0	2**
Women's Track & Field	16	76.06	1	5
Men's Track & Field	16	75.5	0	4
Women's Volleyball	13	65.6	1	2
Women's Wrestling	6	72.1	0	2
Men's Wrestling	13	64.6	0	0
<b>*TOTALS</b>	151	71.9	4	31

\* Totals are of athletes that have utilized a year of eligibility in the 2007-2008 academic year.

\*\* Denotes OUA Academic Achievement Award

## **Athletics.**

### **A) 2007-08 Year In Review**

Lakehead Athletics sprang into action last fall as varsity teams and club teams began their seasons and campus recreation continued its tradition of excellent intramural programs and fitness classes for our students and staff.

Club sports showed continued success with teams such as Lakehead Rugby continuing their strong play in the Minnesota Rugby Union. Lakehead's new club Golf team made an immediate impact at U.S. and OUA golf tournaments as well.

The varsity Thunderwolves teams continue to make inroads and develop. Lakehead Cross Country, under Head Coach Kip Sigsworth, made huge improvements again this season and Lakehead placed an athlete at the CIS national championships for the first time in a long while. Similarly, Coach Sigsworth and the Indoor Track teams had another strong season this year performing very well at the OUA championships.

Lakehead's young Wrestling squads, under Head Coach Owen Dawkins, also have been showing very well at this year's OUA Championships. The men qualified 10 wrestlers for the CIS National Championships; the most of any university and Mitch Fryia and Huy Nguyen brought home CIS national gold medals and were both named CIS First Team All Canadians. Fryia won the prestigious R. W. Pugh Award for Fair Play at the CIS National Championships. Nicole Plummer was named a CIS Second Team All Canadian. At the OUA Championships, Fryia and Plummer took golds and were named OUA First Team All Stars. The Thunderwolves also had five men and two women named OUA Second Team All Stars. Fryia also was named an OUA Male Athlete of the Week.

Coach Lisa Patterson and her Nordic squads both won OUA titles for the fourth consecutive year with Lakehead skiers being named MVP for both men and women and Lakehead athletes garnering six OUA All Stars. The women's Nordic team went on to capture the Canadian Colleges and Universities (CCUNC) championship for the fifth straight year. The Nordic women's squad captured its fifth consecutive CCUNC national championships. Anna Crawford was named a CCUNC national All Star, while Christina Groulx and Chris Hamilton won OUA Individual MVP titles for both women and men and both squads each had three OUA All Stars. Coach Patterson was named the Ontario Sports Council's Female Coach of the Year for 2007 and was also named the OUA FOX 40 Female Coach of the Year for the 2007-08 season; both firsts for a Lakehead female coach.

Coach Scott Morrison and his men's Basketball team and Coach Jon Kreiner and his women's squad put up tough battles and almost qualified for the playoffs. Lakehead's men made a huge improvement from last year and lost to eventual national champions Brock by one point in a controversial game that if Lakehead had won would have put the Thunderwolves in the playoffs. Kiraan Posey was second in CIS and OUA scoring and was named an OUA First Team All Star. The women's team had a solid season and Debra Sandberg was named an OUA Second Team All Star.

Hockey Head Coach Don McKee led Lakehead men's Hockey team to a record breaking season as the team had the best record in the entire OUA. They set new team marks for wins, road wins, and home wins. They advanced to the OUA Final Four in the playoffs. Chris Whitley, who set a new Lakehead mark going 15-0 in the regular season, was OUA nominee for CIS Player of the Year, OUA and OUA West MVP, CIS First Team All Canadian, and OUA First Team All Star. Jordan C. Smith was named a CIS First Team All Canadian and OUA First Team All Star while Brock McPherson was also named to the OUA First Team. Lakehead University also had one player selected to the OUA Second Team and All Rookie Teams. Mark

Soares and Kris Hogg were named CIS and OUA Male Athletes of the Week for two fantastic individual weekends. Dan Speer led the OUA in scoring; the first individual scoring champion in Thunderwolves hockey history. The team only loses two players next season and things are looking very good as Lakehead hosts the CIS national championships.

The women's volleyball team under retiring Head Coach Kathy Clouthier had an injury plagued season but, when healthy, showed marked improvement this year and the young team looks solid for the future. Lindsey Johnson was a defensive star and was second in the CIS and OUA in digs per game.

Lakehead made its debut at the first ever CIS Curling Championships and the men went a perfect 6-0 in round robin play but lost in the playoff round. Jenna Enge of the women's team was named a CIS First Team All Canadian for her strong play.

## **Lakehead CIS and National Honours and Achievements and OUA Honours and Achievements: 2007-08**

### **CIS/National**

#### **Team:**

- 1) **Women's Nordic Team:** Canadian Colleges and Universities national champions for the fifth consecutive year.
- 2) **Men's Wrestling Team:** Men's National team Bronze – CIS National Championships

#### **Individual:**

- 1) **Wrestling:** Mitch Fryia: CIS National Champion
- 2) **Wrestling:** Mitch Fryia: Winner of R. W. Pugh Fair Play Trophy at CIS National Championships.
- 3) **Wrestling:** Huy Nguyen: CIS National Champion
- 4) **Men's Hockey:** Chris Whitley: OUA Nominee for CIS Player of the Year
- 5) **Men's Wrestling:** Mitch Fryia: CIS First Team All Canadian
- 6) **Men's Wrestling:** Huy Nguyen: CIS First Team All Canadian
- 7) **Men's Hockey:** Chris Whitley: CIS First Team All Canadian
- 8) **Men's Hockey:** Jordan C. Smith: CIS First Team All Canadian
- 9) **Women's Curling:** Jenna Enge: CIS First Team All Canadian
- 10) **Women's Nordic:** Anna Crawford CCUNC National Championships All Star
- 11) **Women's Wrestling:** Nicole Plummer: CIS Second Team All Canadian
- 12) **Women's Nordic:** Anna Crawford and Christina Groulx: CCUNC National Gold Medal in Pair Sprint Relay
- 13) **Women's Nordic:** Anna Crawford: CCUNC National Gold Medal in women's 5 km Classic Race.
- 14) **Men's Hockey:** CIS Male Athlete of the Week: Kris Hogg
- 15) **Men's Hockey:** CIS Male Athlete of the Week: Mark Soares

### **OUA/Conference:**

#### **Team:**

- 1) **Women's Nordic Team:** OUA champions for fourth consecutive year
- 2) **Men's Nordic Team:** OUA champions for fourth consecutive year
- 3) **Men's Hockey:** Best record in OUA regular season

**Individual:**

- 1) **Men's Hockey:** OUA MVP: Chris Whitley
- 2) **Men's Nordic:** Chris Hamilton: OUA Championships Individual Champion (MVP)
- 3) **Women's Nordic:** Christina Groulx: OUA Championships Individual Champion (MVP)
- 4) **Men's Wrestling:** OUA Champion: Mitch Fryia
- 5) **Women's Wrestling:** OUA Champion: Nicole Plummer
- 6) **Men's Hockey:** OUA West MVP: Chris Whitley
- 7) **Men's Nordic:** OUA Gold Medal: 3 x 5 km Relay Race: Chris Hamilton, Scott Sullivan, Ghislain de Laplante
- 8) **Women's Nordic:** OUA Gold Medal: Anna Crawford in 5 km Classic Race
- 9) **Men's Nordic:** OUA Gold Medal: Chris Hamilton in 10 km Classic Race
- 10) **Women's Nordic:** OUA Gold Medal: 10 km Freestyle Race: Anna Crawford
- 11) **Men's Nordic:** OUA Gold Medal: 15 km Freestyle Race: Chris Hamilton
- 12) **Men's Hockey:** OUA First Team All Stars: Chris Whitley, Jordan, C. Smith, Brock McPherson
- 13) **Men's Wrestling:** OUA First Team All Star: Mitch Fryia
- 14) **Men's Basketball:** OUA First Team All Star: Kiraan Posey
- 15) **Women's Nordic:** OUA All Stars: Christina Groulx, Anna Crawford, Kaylie Iserhoff
- 16) **Men's Nordic:** OUA All Stars: Chris Hamilton, Scott Sullivan, Ghislain de Laplante
- 17) **Women's Wrestling:** OUA First Team All Star: Nicole Plummer
- 18) **Men's Hockey:** OUA Second Team All Stars: Mark Soares
- 19) **Women's Basketball:** OUA Second Team All Star: Debra Sandberg
- 20) **Men's Wrestling:** OUA Second Team All Stars: Chris Camarata, Brandon Gardner, Andrew Elliot, Corey Lee, Darren Manion
- 21) **Women's Wrestling:** OUA Second Team All Stars: Leah Dougherty, Laurel Knowles
- 22) **Men's Hockey:** OUA All Rookie Team: Kris Hogg
- 23) **Women's Volleyball:** OUA All Rookie Team: Vanessa Chorkawy
- 24) **Men's Hockey:** OUA Scoring Champion: Dan Speer
- 25) **Men's Hockey:** OUA Male Athlete of the Week: Kris Hogg
- 26) **Men's Hockey:** OUA Male Athlete of the Week: Mark Soares
- 27) **Men's Wrestling:** OUA Male Athlete of the Week: Mitch Fryia

**B) Competitive Programs.**

Varsity Sports offerings	Men's	Women's
Basketball	✓	✓
Cross Country Running	✓	✓
Hockey – Men's	✓	
Nordic Skiing	✓	✓
Volleyball		✓
Track & Field	✓	✓
Wrestling	✓	✓
<b>TOTAL PARTICIPATION</b>	151	

**C) Club Sports.**

	Men's	Women's
Rugby	✓	✓
Ultimate Frisbee	✓	✓
Soccer	✓	✓
Golf		✓
Volleyball	✓	
Curling		✓
<b>TOTAL PARTICIPATION</b>	231	

**D) Campus Recreation.**

	Fall	Winter
Aerobics & Yoga	190	
Outdoor Soccer	229	
Flag Football	111	
Volleyball League	85	
Ultimate Frisbee League	78	
Golf League	28	
Hockey Leagues (NBC, Co-ed)	366	
Total Fall Term Participants	(1087)	
Aerobics, Yoga and Spinning		253
Indoor Soccer		357
Dodge Ball		67
Volleyball League & Tournament		150
Ball Hockey		65
Flag Football League		125
Co-ed Basketball Leagues		110
Total Winter Term		(1127)
<b>TOTAL PARTICIPATION</b>	2214	

### **3) Athletics Broadcasting.**

Lakehead Athletics continues to independently broadcast more sports than any other Canadian university. Lakehead video webcasts all home hockey games and men's and women's home basketball games. In addition, select women's volleyball, wrestling, and special events like media conferences and the athletics awards banquet were broadcast in 2007-08. All Lakehead men's and women's home basketball games were also broadcast live on Lakehead Radio 102.7 FM in Thunder Bay and on the internet as well; making Lakehead home basketball games simulcast on radio, audio internet, and video webcast. All hockey away games are broadcasted live on Dougall Media radio.

### **4) Facilities.**

Lakehead University students 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 and tanning beds. In 2005, Lakehead completed an all-new, 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. This modern facility greatly increases the athletic resources available to students.

We will continue to improve our athletic facilities in 2008 and 2009 when we start a major renovation in September. This renovation will cause inconvenience to stakeholders however during this 20 month project but we will attempt to phase it in such a manner as to inconvenience users as little as possible.

In light of the fact that funds for this project have been garnered through a student levy we will also start charging all faculty and staff for the use of the athletic facilities and associated programming.

### **5) Governance.**

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

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