

MEMORANDUM

Date: 2010-04-15
To: Members of Senate
From: Tom Warden, Athletics Director
Subject: 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 the 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 2009-2010

| Team | Number of Athletes | Team Average | Graduate Students | Number of Academic All-Canadians |
|-------------------------------|--------------------|--------------|-------------------|----------------------------------|
| Women's Basketball | 13 | 73.0 | 0 | 3 |
| Men's Basketball | 13 | 65.7 | 0 | 2 |
| Women's Cross Country Running | 9 | 78.2 | 1 | 3 |
| Men's Cross Country Running | 9 | 74.8 | 0 | 3 |
| Men's Hockey | 25 | 71.0 | 0 | 4 |
| Women's Nordic Skiing | 12 | 78.8 | 0 | 4** |
| Men's Nordic Skiing | 9 | 72.3 | 0 | 4** |
| Women's Track & Field | 12 | 78.8 | 0 | 4 |
| Men's Track & Field | 12 | 72.8 | 0 | 4 |
| Women's Volleyball | 14 | 75.4 | 1 | 4 |
| Women's Wrestling | 11 | 74.0 | 0 | 4 |
| Men's Wrestling | 22 | 62.0 | 1 | 2 |
| Totals | 161 | 73.0 | 3 | 41 |

** Denotes OUA Academic Achievement Award

Note: The number of Academic All-Canadians increased from 31 to 41 from 2007-08 to 2008-09

2. Athletics and the Student

A) Competitive Programs

| Varsity Sports offerings | Men's | Women's |
|----------------------------|------------|---------|
| Basketball | ✓ | ✓ |
| Cross Country Running | ✓ | ✓ |
| Hockey | ✓ | |
| Nordic Skiing | ✓ | ✓ |
| Volleyball | | ✓ |
| Track & Field | ✓ | ✓ |
| Wrestling | ✓ | ✓ |
| Total Participation | 161 | |

B) Club Sports

| Club Sport offerings | Men's | Women's |
|----------------------------|------------|---------|
| Rugby | ✓ | ✓ |
| Ultimate Frisbee | ✓ | ✓ |
| Soccer | ✓ | ✓ |
| Volleyball | ✓ | |
| Total Participation | 217 | |

C) Campus Recreation highlights

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 2009-2010 year. Programs ranging from casual recreation to competitive intramural sports were organized and made available to our student population. High participation rates in Intramural and Fitness programs were realized throughout both academic semesters. 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 2009 Fitness Registration Numbers

| Program | Participants |
|-------------------------------------|--------------|
| Athletic Conditioning | 14 |
| Belly Fit | 10 |
| Body Blast | 11 |
| Boot Camp | 8 |
| Centre Core | 10 |
| Circuit Training | 5 |
| Evening Spin Class | 9 |
| Morning Spin Class | 8 |
| Fit Yoga | 21 |
| Hip Hop | 12 |
| Latin Dance | 11 |
| Fall Yoga | 10 |
| Kundalini Yoga | 8 |
| Total Number of Participants | 137 |

Winter 2010 Fitness Registration Numbers

| Program | Participants |
|-------------------------------------|--------------|
| Athletic Conditioning | 11 |
| Belly Fit | 10 |
| Body Blast | 9 |
| Centre Core | 7 |
| Spin Core | 10 |
| Fit Yoga | 25 |
| Kundalini Yoga | 8 |
| Hip Hop | 8 |
| Latin Dance | 9 |
| Winter Yoga | 12 |
| Total Number of Participants | 109 |

Fall 2009 Sports Registration Numbers

| Sport | Teams | Participants |
|-------------------------------------|-------|--------------|
| Coed Volleyball | 12 | 132 |
| Coed Outdoor Soccer | 15 | 230 |
| Coed Flag Football | 10 | 110 |
| Total Number of Participants | | 472 |

2009-2010 Full Term Sports Registration Numbers

| Sport | Teams | Participants |
|-------------------------------------|-------|--------------|
| Coed Hockey | 8 | 164 |
| NBC Hockey | 16 | 336 |
| Badminton | 0 | 23 |
| Ultimate Frisbee | 10 | 153 |
| Total Number of Participants | | 676 |

Winter 2010 Sports Registration Numbers

| Sport | Teams | Participants |
|-------------------------------------|-------|--------------|
| Coed Basketball | 6 | 61 |
| Coed Flag Football | 8 | 83 |
| Coed Indoor Soccer | 16 | 170 |
| Coed Volleyball | 12 | 96 |
| Coed Rugby | 0 | 15 |
| Total Number of Participants | | 425 |

D) Varsity Highlights.

Lakehead University Athletics had perhaps its best ever year with the Men's Hockey and Basketball teams in the CIS championship, women's Basketball hosted their first home playoff game in over a decade, Men's wrestling placing tied for first in the OUA championship, and Women's Nordic Skiing capturing OUA and CIS championships.

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, 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. 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.

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.

4) Governance.

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

Submitted by: Tom Warden, Athletics Director