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CANADIAN UNIVERSITY ATHLETICS:

Information guide for coaches, parents and university bound student-athletes.

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CANADA FIRST – CANADIAN ATHLETICS UNIVERSITIES

1) CANADA FIRST: INTRODUCTION

Many athletes are presented with important “life altering” decisions at an early age following completion of their high school years. It is important to have the detailed facts in order to make the correct choice. What are the factors to consider? They are academic goals, athletic goals, financial concerns and location. Good decision making depends on thorough research of the options available. Should an athlete pursue a foreign scholarship or pursue an education and athletic career here in Canada. It is becoming increasingly evident that for many the “Canadian option” is the best!

When considering the “Canadian option”, an athlete in Athletics should look at the following:

- A university with the academic program best suited to the athlete's long term career path.
- A university with excellent coaching and a team with proven success.
- A university with financial support for athletics and/or academics.
- A university situated in an area with strong club affiliation and high performance systems to ensure continued athletic programming through the year to ensure continued progress as an athlete.
- Access to provincial and/or national funding for long term performance development in the sport of athletics.
- Other sponsorship support.
- A healthy, enjoyable environment to call home for 4 to 5 years.

Athletes can find all these in many of the provinces at present in Canada.

2) FACTS

- Canadian Universities now have scholarships!
- There are Provincial and National government sources of funding support in Canada.
- Most of the top athletes in Athletics in Canada train and go to school here in Canada. Approximately 75% of the top 100 athletes train in Canada.
- Athletes in Canada have 5 years of eligibility. US schools have a 4 year period of eligibility.
- Tuition in Canada is less expensive than in the US due to educational subsidies.
- Tuition in Canada is tax deductible. Scholarships in the US (for room and board) are considered income and are therefore taxable.
- Carding in Canada through the Sport Canada Athlete Assistance Program includes tuition. Development cards are only available to Canadian based athletes.

3) CANADA FIRST: THE ADVANTAGES

- 1) Coaches in Canadian universities are well educated and highly knowledgeable in the sport of Athletics. They are supportive of the essential priorities of Canadian students.
- 2) The level of competition is improving and can offer athletes the necessary challenges to progress to a high level of performance. University programs in Canada complement the national LTAD plan offering support for stages 5 and 6 (“Training to compete” and “Learning to win”) which stress movement toward specialization and higher level competitions.
- 3) Canadian University Programs offer a good balance between athletic and academic challenges. The team aspect of the program provides a great deal of enjoyment to the student athlete.
- 4) Athletes staying in Canada have greater control of performance objectives. The ultimate choice in relation to performance and event goals is not always possible when attending an NCAA program. Many NCAA athletes find it difficult to be able to participate effectively in Canadian National team programs after a long collegiate season. NCAA teams will peak in May and June. The University program in Canada makes it possible to better prepare for the Athletics Canada National teams scheduled during the summer months.
- 5) Student athletes should look at the long term plan to get the best education and athletic experience possible. Looking at a 4 year fully funded education may be a short term view of things if considering the over-all effects of a good education with long term financial benefits. It is better to look at the benefits of a highly valued degree than a weak education with low income possibilities in the long term.
- 6) The NCAA schools work hard to sell the athlete on the benefits of their programs, but there are potential risks and downsides to consider of going this route. Many Canadian athletes will have their needs better served by training and attending school in Canada. The NCAA is very team oriented and driven by a need for results. NCAA athletes can be asked to cover many event areas, which can interfere with the ability to achieve in a specific event area. The extensive competition schedule limits the effectiveness of a periodized plan for high performance. Student athletes must look at the long term needs, and do what is best to enhance athletic and academic pursuits. Increasingly, staying in Canada is becoming a 1st choice option for academic, athletic and financial reasons.



4) FORMS OF SUPPORT

a) National Support

Canada offers funding for athletes at the National Level. The Athlete Assistance Program (APP) is a federal government program offering financial assistance and tuition to some 1800 athletes in Canada, in several sports. Athletics presently has support for 66 athletes. Most athletes will receive from \$900 - \$1,500 a month. Tuition is included in the funding program. Year-round carding requires an athlete to train and compete in Canada. Overall performance, placing at national and international competitions and training environment factors are all criteria involved in selection for this support. Some of the top athletes in Canada have come through the "Canadian system" including such student-athletes as Jessica Zelinka and James Steacy.

b) Provincial Support

Most provinces now offer financial support to athletes who wish to train and attend school in Canada. Here are some examples of provincial funding possibilities

Quebec

The province of Quebec offers the following:

- Athletic Excellence Bursaries - offered to athletes with potential to become world class. These are also offered to top university athletes.
- Recruitment Bursaries - these are offered to the best graduating athletes who wish to pursue academic and athletic careers in the province of Quebec.
- Academic Excellence Bursaries - these awards are given to university level athletes with proven performance in both athletics and academics.
- Support Bursaries - these are offered to top class athletes for special projects
- Direct provincial Funding (up to \$11,000) - athletes may receive direct funding as a provincially carded athlete in addition to their federal carding. Funds are available for competitions and camps for deserving athletes. Significant tax incentives are awarded to athletes training and attending school in the province (up to \$4,000).

In addition to this, athletes are eligible to receive "Quebec Excellence Foundation Grants" (\$1,500 - \$5,000) from donors such as Banque Nationale, Cascades, Foundation Molson, Hydro Quebec and Gouvernement du Québec.

Alberta

Alberta has a number of programs to support student athletes, they are:

- The AADP – Alberta Athlete Development Program: this program offers financial assistance in 3 levels: Gold \$2,000; Silver \$1,000 and Bronze \$500.
- High Performance Funding: aims to provide Athletics Alberta's High Performance athletes with financial assistance to attend high performance training and competition on an annual basis.
- National Championships Funding: Alberta assists athletes to compete in National Championships through the National Championship Fund
- Grants
- Student-athletes attending the universities in Alberta also have an opportunity to receive a Jimmie Condon Athletic Scholarship which provides \$1800 per year to Alberta residents enrolled full-time in an undergraduate, professional or graduate program. There are 15 men's awards and 15 women's awards per year

British Columbia

British Columbia has a variety of programs to directly and indirectly support BC Athletics student athletes, these include:

- BC Athlete Assistance Program targeting athletes that show potential for National Carding and future Canadian National Teams. BCAAP support ranges from \$500 to \$3500 per year.
- BC Team selection and funding to assist athletes in attending Athletics Canada Championships in Track & Field, Cross Country, Road Racing and Race Walking.
- BC Athletics In-province SportsFunder Youth Travel Support Program. Targeted to Junior age and under, provides funding support through clubs for athletes to attend Provincial Championships, Regional Competitions and Training Camps.
- Harry Jerome Scholarship, managed through BC Athletics is directed to BC athletes undertaking full time post secondary studies and who demonstrate ability in Athletics, financial need, academic success and qualities of character and leadership.
- Athlete Development Programs providing training camp and competition support linked to Western Canada and Canada Games programs.
- BC Regional Coaches and Training Centres in the Fraser Valley (Abbotsford) and the Interior (Kamloops)
- National Coaches and Endurance Training Centre – Victoria
- TBA in 2009 – National Coach and High Performance Throws Training Group/Centre – Kamloops
- Canadian Sport Centre – Pacific and PacificSport Regional Centre Athlete Support Services which include: FoodStuff, GymWorks, JobLink, TranSport, ToolKit Sessions, Grants and Bursaries
- Extensive Cross Country, Road Racing, Race Walking and Track & Field Competition opportunities throughout BC



- Home of the PacificCanada International Track & Field Series. Four International Track & Field Meets providing International competition opportunities featuring Canada's best and International stars from around the world.

Manitoba

Programs of support in Manitoba reward athletes for outstanding performances. The following are some examples of these areas: a) selection to a National team, b) Gold placing at a National Championships, c) medals at Western Canada Games Canada Games or National Legions, and d) selection to self funded National Teams (approximately \$2,000 available to athletes).

Saskatchewan

The following are areas of support for this province:

- The Athlete Development Fund recognizes 3 levels of support (gold, silver, bronze)*\$40K.
- International Team assistance plan * \$5K.
- National Championships support fund *14K.
- Saskatchewan Sport – Bridging the Gap –Plan * 12K

Ontario

The Ontario Government has the "Quest for Gold" Athlete Assistance Program. This plan supports top, age eligible athletes. Its purpose is "to improve the performance and the number of athletes performing at the national and international levels." Funding is aimed at Ontario athletes who have demonstrated both "a high level of achievement and a commitment to continued training at an elite level." Assistance is provided through 2 carding designations:

- Ontario Card – (approximately \$7,000)
- Canada card – (33% of the National card designation)

Nova Scotia

Nova Scotia has several programs to service athletes.

- The Nova Scotia Amateur Sport Post Secondary Award. Athletes may apply for a \$1,000 bursary.
- Support 4 Sport Athlete Assistance program: This is based on a provincial carding.
- Canada Games Funding: Amounts range from \$500 - \$1,500.
- Carded athletes may receive \$4,000 or \$6,000 if in the top 10 in the world.

New Brunswick

Non carded athletes receive \$1,500 for being a National Team member and \$750 as a National Team prospect.

Atlantic Provinces (New Brunswick, Newfoundland / Labrador, and PEI)

These Atlantic Provinces have some undefined support for carded athletes. Non carded athletes can receive between \$500 and \$1,500.

C) Sponsorships / Grants:

There are many sponsorships available in Canada for student athletes. These may be found at the federal and provincial levels. Athletics Canada will offer information for athletes to access these funds. Some examples are as follows:

- Petro Canada FACE Awards (Fuelling Athlete and Coaching Excellence). This award is designed to support athletes to train and go to school in Canada. The award is intended to assist athletes to make the step from aspiring talent to the national carding level.
- HBC awards: The HBC Award also is designed to support top Canadian athletes to be able to train and be educated in Canada.
- The Quebec Excellency Fund: Quebec has many companies donating funds to assist athletes in their academic and athletic pursuits.
- Canadian Athletes Now Fund.
- GMs Making Dreams Possible Program.
- City of Edmonton Fund.

5) THE CANADIAN OPTION

The Canadian University Cross Country and Track and Field programs are expanding and form a very positive option for present day student athletes. The financial opportunities available are greater than ever. This handbook hopes to give our good Canadian talent the important facts upon which to make intelligent and informed decisions. You have to know the facts! Facts on provincial, national support and information on our country wide university programs are all here!

Questions for student-athletes to consider:

- Does the university have the academic program desired?
- Are courses at the university transferrable?
- Will the degree be recognized in Canada?
- Who will be the coach?
- What are the team standings?



- Who are the top athletes in the program?
- What athletes have represented the country on National Teams?
- What is the training environment? Facilities? Medical support?
- How is training structured? Number of days per week?
- What is the competition schedule for the team?
- Is there support for special academic needs such as tutoring?
- What are the performance expectations of the team? The individual?

USEFUL WEBSITES:

- www.macleans.ca (Canadian College and University rankings)
- www.universitysport.ca (National Web site for Canadian Interuniversity Sport – CIS)
- www.sportingcanada.com (Web site with rankings, news, and feature stories for Canadian University sports)
- www.atlanticuniversitysport.com (Atlantic University Sport division of CIS)
- www.canadawest.org (Canada West division of CIS)
- www.oua.ca (Ontario division of CIS)
- www.fqse.gc.ca (Quebec division of CIS)
- www.athletics.ca (Athletics Canada)

Upcoming Dates of CIS Championships

2010 CIS Cross Country Championships

Location: Université de Sherbrooke

November 13, 2010

2011 CIS Track and Field Championships

Location: Université de Sherbrooke

March 10-12, 2011

CANADA FIRST: Acknowledgment

The Canada First Athletics document was created by Athletics Canada in 2008 in association with Canadian Interuniversity Sport to inform student athletes of the academic, athletic, and financial opportunities available in Canada. Thanks to Marg McGregor of CIS for assistance in planning the project, and John Luimes of i. Design Group. A special thank you to Hugh Conlin, who directed and put many hours into this project. Also thank you to the Athletics Canada Development Committee, provincial branches, and University coaches for providing valuable information. Thanks to Martin Goulet and Scott MacDonald, for help and encouragement, Paul-David Bernard from Athletics Canada for all his time and efforts translating the document, Emily Colton and Jean-François Roy, the National Team Programs Assistants at Athletics Canada for assistance with collecting and editing material.

Good luck to all in the up and coming season.

Please feel free to contact me if you need any further assistance or information and thank you for choosing Canada First!

Carla Nicholls

National Talent Development Coach (Olympic Program)

Athlétisme Canada



UNIVERSITY OF ALBERTA (Edmonton, AB)



Name of Head Coach: Georgette Reed
Head Coach Phone #: 780-492-8970
Head Coach E-mail: georgette.reed@ualberta.ca

Website: www.bears.ualberta.ca
Team Name: **Pandas and Golden Bears**

Head coach biography:

Georgette is a NCCP level 4 coach and is a member of the Coaches Association of Canada. As an athlete, Georgette has represented Canada in numerous international events including Olympics, World Championships, Commonwealth and Pan Am Games. She is an expert in power and speed events with a specialization in throws and strength and conditioning. Georgette has been the head coach since the 2003-2004 season and is currently in her 7th year with the University of Alberta Cross Country, Track and Field team.

Assistant coaches:

Rob Fisher, Asst Head coach-TF (sprints and relays); **Glen Playfair**, Asst. Head Coach -XC (XC and Distance); **Ron Thompson** (sprints and relays), **Ian Maplethorpe** (throws); **Cory Choma** (PV); **Pat Reid** (horizontal jumps and CE) and **Roger Hazlewood** (Mid- Distance).

Top athletes:

Paula Findlay (XC, 3000m/1500m); **Marcus Cunningham** (CE/LJ); **Lindsay Bergevin** (HJ). **Hayley Degaust** (XC, 600m/1000m), **Jamie Weikum** (XC, 1500m/3000m), **Erica Rutley** (PV), **Kathryn McCaffrey** (60m,60H, LJ), **Leif Welz** (Shot/WT), **Chelcie Kucharchuk** (Shot/WT).

Training facilities:

Indoors:-Universiade Pavilion; Outdoors: Foote Field Track , Rollie Milles & Hawrelak Park.

Performance enhancement:

Full access to massage therapists, athletics therapists, athletics trainers, Chiropractors, and medical doctors. Affiliated with Alberta Sport Development Center.

Club Affiliation/Partnerships:

Edmonton International, Edmonton Olympic, Edmonton Sprint Academy, Edmonton Thunder, Rocky Mountain Royals, Leduc Track and Field, St. Albert Track and Field, Edmonton Harriers, Capital City Track Club, Voleo Track Club and the University of Alberta Athletics Club.

Competition schedule:

The Bears and Pandas XC and Track and Field Teams compete in the Canada West Regional Association. Teams from this conference have placed among the best on a consistent basis for the last decade. The XC schedule consists of 4-6 competitions. The Track and Field season consists of 6-8 competitions.

Awards/scholarships:

A number of awards and scholarships are available to the XC and Track and Field teams. Some of the awards include: The HUB International Athletics Award, Universiade 83 Scholarships, Jimmie Condon Athletic Scholarship, Eldon Foote Scholarships, Sports Wall of Fame Award, The Legends of Gold World Championships Legacy Awards, The XC and Track and Field Alumni Foundation Player Development Awards and many more.

About the University of Alberta:

The Golden Bears and Pandas XC and Track teams are recognized as one of the top University programs in Canada. The program is committed to excellence through quality coaching and a firm commitment to mental, physical, technical and strategic components involved in the diverse sport of Athletics.

Last update: Jan. 13th, 2010



UNIVERSITY OF BRITISH COLUMBIA (Vancouver, BC)



Name of Head Coach: Marek Jedrzejek
Head Coach Phone #: 604-822-6259
Head Coach E-mail: marekj@interchange.ubc.ca

Website: www.gothunderbirds.ca
Team Name: **Thunderbirds**

Head coach biography:

Marek started at UBC in 1987 as the head coach of the Cross Country team and he became head coach of the Track & Field program in 2001. He was a coach for Canada at the 2000 Olympic Games, was Canada's head coach at six XC World Championships, and is a former Athletics Canada Program Director of Off-Track events. He has coached athletes to nine Canadian Records, and has had athletes medal at the Pan Am, and FISU Games.

Assistant coaches:

Besnik Mece – middle distance; **Chris Johnson** – middle distance; **Jennifer Schutz** – middle distance; **Mike Moon** –cross training, **Chris Dalhuisen** – middle distance, **Nick Stoffberg** – sprints, hurdles, multi events; **Richard Hillson** – sprints, hurdles; **Larry Blaschuk** – jumps; **Richard Collier** – throws, **Tom Nielsen** – throws

Top athletes:

Mike Mason (high jump) –Olympian, Indoor World Championship Finalist, NAIA record holder, World Junior Champion; **Liz Gleadle** (javelin) – Canadian record holder, NAIA record holder, NACAC Champion; **Curtis Moss** (javelin) – Jeux de la Francophonie Silver medalist; **Rohan Stewart** (sprints) – Canadian Junior Champion in 200m and 400m; **Evan Dunfee** (race walk) – Canadian Junior record holder, World Junior finalist; **Inaki Gomez** (race walk) –NAIA Champion, Canadian Champion; **Reid Gustavson** (decathlon) – Canadian Champion, Canadian Junior record holder; **Luc Bruchet** – Wolrd Junior XC team member, NAIA XC All American

Team results:

2009 Men: 8th place at NAIA T&F and 9th at NAIA XC; 2009 Women 10th place at NAIA T&F and 8th at NAIA XC
10 Canadian national team members in 2009

Training facilities:

Brand new full sized Rashpal Dhillon UBC Track & Field Oval, full medical facilities (massage, physio, sports medicine, hospital), two 50m swimming pools, 5 gyms and 73km of running trails all on campus.

Performance enhancement:

Access to UBC's world-renowned physiotherapy and sports medicine programs is given to all Varsity athletes.

Club affiliation:

UBC is affiliated with all clubs in the Lower Mainland area and many of their coaches work with the Varsity program.

Competition schedule:

UBC competes in the NAIA outdoor season that begins in March and ends with the NAIA T&F Championships in May. Competing mostly in the US, we travel regularly to Washington, Oregon and California and New York and compete against some of the top NAIA and NCAA schools.

Awards/scholarships:

At UBC, as per NAIA regulations, XC/Track and Field student-athletes are eligible to receive financial aid equivalent to a maximum of tuition and fees, books and course supplies, and room and board.

About the University of British Columbia:

Only 15 minutes from the heart of downtown Vancouver, UBC holds an international reputation for excellence in advanced research and learning and offers more than 60 undergraduate and master's programs. The spectacular UBC campus is a 'must-see' – snow-capped mountains meet ocean, and breathtaking vistas greet you around every corner. The university boasts some of the city's best attractions, including the Museum of Anthropology, and has ranked in the top 40 of the Shanghai Jiao Tong University Institute of Higher Education Rankings for five years.

Last updated: Aug. 30th, 2010



UNIVERSITY OF CALGARY

(Calgary, AB)



UNIVERSITY OF
CALGARY

Name of Head Coach: Doug Lamont
Head Coach Phone #: 403-220-2479
Head Coach E-mail: lamont@ucalgary.ca

Website: www.godinos.com
Team Name: **Dinos**

Head coach biography:

Coach Lamont has been head coach for over 9 years. Doug is a Level 3 distance coach and was 2003 XC Coach of the Year and 2007 T&F Coach of the Year in Alberta. He has coached on numerous provincial and national teams and has been involved as an educator with the Calgary Board of Education for over 22 years.

Assistant coaches:

Robbie Cumming (level 2 jumps); **Eric Koo** (throws); **Duncan Margach** (level 2 jumps); **Gwen Ridout** (level 3 sprints/hurdles); **Brenda Van Tighem** (level 4 sprints/jumps); **Mike Van Tighem** (level 4 distance).

Top athletes:

Sam Effah (Sprints); **Amonn Nelson** (Sprints); **Scott Nicol** (Distance); **Robyn Webster** (Jumps); **Jaime Waine** (Throws)

Team results:

Cross Country: Men – Canada West Silver and CIS 5th Women – Canada West 4th and CIS 6th

Indoor Track & Field: Men – Canada West Bronze and CIS 6th Women – Canada West Bronze and CIS 6th

All 6 Relay Teams scored at CIS Championships

Recent History:

Track & Field	Cross Country
2008 Canada West Women's Champions	2008 Canada West Men's Champions
2007 CIS & Can. West Women's Champions	2008 Canada West Women's Champions
2006 Canada West Women's Champions	2007 Canada West Men's & Women's Champions

Training facilities:

Training sites are as follows: a) Olympic Oval: 450m 2 lane and 100m -8 lane straight, with provisions for LJ and PV; b) Jack Simpson Track: 200m, 6 lane track, 2 -60m, 6 lane straights, and provision for HJ and throws; c) A high performance weight room is provided; d) Canmore Park and U of C playing fields are available for XC and general training needs.

Performance enhancement:

The University of Calgary Sports Therapy Program provides full time clinic support. Two sport therapists are assigned to the team for training and competition.

Club affiliation:

The University of Calgary Athletics Club (UCAC) uofcathletics.ca

Calgary is also home to a Canadian Sport Centre (Canadian Sport Centre Calgary) as well as Les Gramantik, 2008 Olympic head coach and mentor to Jessica Zelinka, who placed 5th at the 2008 Olympic Games.

Competition schedule:

Cross Country: October – November: U of S Open, EWU Invitational, Stewart Cup and CIS Championships; Track and Field: Golden Bear Open, Sled Dog Open, Cargill Games, Queen City, Canada West Conference Meet, CIS Championships.

Awards/scholarships:

Jimmie Condon Scholarships – 30 T&F and XC awards of \$1,800 each year.

For other financial opportunities please visit www.ucalgary.ca/awards

Last update: Sept. 9th, 2010



DALHOUSIE UNIVERSITY

(Halifax, NS)



Name of Head Coach: Peter Lord
Head Coach Phone #: 902-488-1525
Head Coach E-mail: peter.lord@dal.ca

Website: www.athletics.dal.ca
Team Name: **Tigers**

Head coach biography:

Peter Lord has been a coach with the Dalhousie Track and Field program since 1991. He became head sprint coach in 2002 and head coach in 2008. He graduated from Dalhousie University in 1993 with a MSc in Kinesiology and is a NCCP Level III Certified Jumps and Sprints coach. Lord also holds the Canadian Masters Record in the triple jump.

Heather Hennigar begins her third season as head coach of the Dalhousie Tigers men's and women's cross country and middle/long distance track and field teams. She won a CIS silver and gold in 2000 and 2001, respectively, in the 600m event. Hennigar achieved a top three all-time Canadian indoor 800m performance and was selected to the world indoor championship team in 2004.

Assistant coaches:

Kevin Bourgeois (combined events and jumps), **Jonathan Doucette** (throws), **Richard Lehman** (middle distance), **Al Yarr** and **Pam Yarr** (distance).

Top athletes:

Simon Watts (HJ/2.11m); **Robert McCulloch** (HJ/2.06m); **Anthony Bernard** (LJ/7.07m); **Michael Bawol** (60m/6.97); **Dan Gorman** (1000m/2:28.57); **Justin Blades** (400m/49.01); **Liz MacDonald** (WT/15.10m); **Caroline Schlosser** (1500m/4:30.18); **Ashley Ryer** (1000m/2:49.12); **Rebecca Haworth** (HJ/1.68m); **Juliana Blois** (TJ/11.42m).

Team results:

Women: 21 consecutive years as AUS Champions. Men: Nine consecutive years as AUS Champions.

Training facilities:

Dalplex has a 260m balcony track. The outdoor venue is Wickwire Field with an artificial turf. The university has extensive strength training facilities with Olympic lift platforms, and a swimming pool for recovery training.

Performance enhancement:

A physiotherapy clinic is on site. Team doctors, dieticians, and mental training is available. The team also has access to other support in the sport sciences and academics.

Club affiliation:

Halifax Athletics

Competition schedule:

XC: Conference Series of three meets, interlock with QSSF or other out of conference, AUS, CIS
Track: Nov. Fall Classic; Dec. Dal Dec. Open, Moncton Open; Jan. Moncton Invitational, Dal Open, McGill Open; Feb. Dal Super Sunday, Dal Track Classic, AUS; March CIS

Awards/scholarships:

Dalhousie Athletic Endowment, Leadership Award, Black and Gold Awards.

About Dalhousie University:

Dalhousie University, located in Halifax, Nova Scotia, is one of Canada's leading universities. It is recognized world-wide for its outstanding academic quality and research opportunities. Dalhousie attracts students from around the world and has an enrolment of approximately 15,000 students.

Last updated: Nov. 3rd, 2010



UNIVERSITY OF GUELPH (Guelph, ON)



Name of Head Coach: Dave Scott Thomas
Head Coach Phone #: 519-824-4120 ext 5343
Head Coach E-mail: dscottth@uoguelph.ca

Website: www.gryphons.ca
Team Name: **Gryphons**

Head coach biography:

The most decorated coach in CIS history, over the past 14 years Dave Scott-Thomas has built the Gryphon Track and Field program up from a stand still into one of the strongest programs in North America. He is seventeen times CIS Coach of the Year and was named Ontario High Performance Coach of the Year for 2007. He is a level 4 certified and also works with an elite group of over 20 National Team athletes based in Guelph including Olympians **Taylor Milne** and **Eric Gillis** and World Championships Team Members **Hilary Stellingwerff**, **Rob Watson** and **Reid Coolsaet**.

Assistant coaches:

Jim Wardle (level 4, throws), **Chris Moulton** (level 3, endurance), **James Sniatenchuk** (level 3, vault), **Zuzana Mares** (sprints), **Shantelle Novak** (distance), **Garth Peet** (jumps/combined events), **Owen Willems** (throws).

Top athletes:

Alex Genest (CIS Cross Country MVP 2007, Fourth at World University Games 2009), **Tim Hendry** (2010 NACAC Team Member), **Genevieve Lalonde** (6th at World Junior Track and Field Championships 2010), **Ross Proudfoot** (2010 World Junior Track and Field Championships Team Member), **Andrew Nixon** (2010 World Junior Track and Field Championships Team Member).

Team results:

5-time Consecutive CIS Women's Cross Country Champions, 4 time Consecutive CIS Men's Cross Country Team Champions, 2008 and 2010 CIS Men's Track and Field Team Champions, 2008 CIS Women's Track and Field Team Champions.

Training facilities:

Gryphon Dome is a multipurpose indoor facility with a polyurethane track, jumps pits, throws circles and vault box. Excellent pool, strength and cross training provisions are available. The Guelph Trail System is one of the finest in North America; with over 100km of trails, including the site of 2007 through 2010 Canadian Cross Country Championships.

Performance enhancement:

As a renowned location of high performance endurance training, Guelph offers support for world class athletes, and has developed one of the most comprehensive sports enhancement teams in the nation. The team includes sports doctors, sports psychologists, exercise physiologist, massage therapists and physiotherapists.

Club affiliation:

Speed River Track and Field Club, Guelph Track and Field Club.

Competition schedule:

The schedule includes a number of national, provincial, and international meets. Past seasons have included trips to Stanford, Oregon, Penn State, Boston and Notre Dame. In recent summers University of Guelph athletes have also travelled to England, Sweden, Belgium, France, Serbia among other European countries for competition.

Awards/scholarships:

Guelph offers a variety of athletics awards ranging from \$1,000 to \$3,500. In addition to the support of the university, the team has several named awards. Also, the university offers merit and need based awards. For more information visit: www.uoguelph.ca/registrar/studentfinance/index.cfm?aid/index.

About the University of Guelph:

Although the athletic reasons for joining the track team are many, the academic and experiential reasons are equally strong. The University of Guelph is a first rate academic institution and its track and field athletes mirror their success on the field of play, in the classroom with almost 30% attaining Academic All-Canadian status. One of the strongest coaching staffs in the country is at its very core of educators.

Last updated: Oct. 4th, 2010



LAKEHEAD UNIVERSITY
(Thunder Bay, ON)
Lakehead
UNIVERSITY

Name of Head Coach: Kip Sigsworth
Head Coach Phone #: 807-766-7292
Head Coach E-mail: KJSigsw@Lakeheadu.ca

Website: www.thunderwolves.ca
Team Name: **Thunderwolves**

Head coach biography:

Kip has been the Head Coach of the Thunderwolves since 2005. He is a former varsity track athlete at Lakehead and finished 10th at the 1996 Canadian Olympic Trials. Kip is level 3 NCCP certified distance running coach.

Assistant coach:

Roger Slomke (NCCP level 2 sprints).

Top athletes:

Alastair Brown (1:55 800m & 3:52 1500m), **Chris Brown** (1:59 800m & 4:01 1500m), **Travis Roske** (1:57 800m), **Tess Naroski** (4:52 1500m & 10:29 3000m), **Danielle Thiel** (4:46 1500m & 10:37 3000m), and **Heather Maxfield** (57s 400m)

Team results:

OUA Cross Country running - Men: 2007 - 10th, 2008 - 7th, 2009 - 7th; Women: 2007 - 7th, 2008 - 8th, 2009 - 9th.

Training facilities:

A 200m indoor track located at Lakehead University; cross country running trails are located at Kamview Nordic Ski Centre, Centennial Park, Boulevard Lake, and Lakehead grounds. General workout facilities: An Olympic sized indoor pool and weight rooms located in the LU Fieldhouse.

Performance enhancement:

At Lakehead University the Sports Medicine Clinic is located in the hangar next to the indoor track. Student-athletes have access to a full time athletic therapist, sports medicine doctor, orthopaedic surgeon, as well as ice baths in the clinic.

Club affiliations:

Lakehead Athletics Club

Competition schedule:

Cross Country: University of Minnesota – Duluth Campus Quest; University of Minnesota Roy Griak Invitational; Northland University Invite, Queen's University Open; OUA Championships; CIS Championships. Indoor Track: Lakehead University – LU vs the World; University of Minnesota – Northwest Open; University of Wisconsin – Superior Blizzard Invite; McGill University – Team Challenge; University of Manitoba – Bison Invite; St. Scholastica University (Duluth, MN) – Lake Superior Challenge; OUA Championships; CIS Championships.

Awards/scholarships:

Lakehead University has been a leader in the OUA when it comes to Athletic Awards. Both the Cross Country Running and Indoor Track programs have Athletic Awards (up to \$3,500) available to eligible student-athletes. Lakehead also has excellent academic awards including free tuition for students with over 95% graduating high school average. Work study positions are available for eligible student athletes.

About Lakehead:

Due to Lakehead's location the team gets to compete against some very high level competition from the OUA, the NCAA, and the Canada West Conference. Lakehead is a smaller, growing program that is improving every year. At Lakehead University athletes receive the individual attention they need to reach their goals on the track and in the classroom. The coaching staff takes the time to work with each individual athlete to ensure that the training is working for them and will adapt things as necessary. Lakehead University is a small school that prides itself on giving each student the individual attention they need to succeed. The school offers excellent programs in Education, Kinesiology, Engineering, Forestry, and Outdoor Recreation.

Last updated: Oct. 12th, 2010



LAURENTIAN UNIVERSITY (Sudbury, ON)



Name of Head Coach: Dick Moss
Head Coach Phone #: 705-523-1143
Head Coach E-mail: dross@peUpdate.com

Website: www.luvoyageurs.com
Team Name: Lady Veas

Head coach biography:

A Level 3 coach in both Distances and the Hurdles, head coach, Dick Moss, has an extensive competitive and coaching background. A former All-American and member of the Canadian national team, he has coached athletes to national teams, and medals at the OFSAA, OUA and CIS levels. He has published numerous coaching articles on track and cross country.

Assistant coaches:

Darren Jermyn, Lisa Labrecque (Ouellet), Mike Coughlin

Top athletes:

Heather Stroeder (1500m: 4:34., 3K: 10:15 5k: 18:18), **Gracie Tetzlaff** (1500m: 4:48, 5K: 18:41) **Emma Tallman** (800m: 2:18, 1500m: 4:53, 5K: 18:53) , **Lindsay Anderson** (10:13/3k, 18:11/5k (road)

Team results:

2009: 7th OUA Cross Country

Training facilities:

All facilities are on campus and include the following: a new indoor 200m track with weight room, cardio, and sports medicine rooms; running trails and beach; Olympic swimming pool; sauna; and conservation area adjacent to the campus. A new outdoor Mondo 400m track will host the Ontario Summer Games, Athletics Ontario Seniors, OFSAA track championships and the Canadian Francophone Games within the next three years.

Performance enhancement:

Laurentian offers extensive athlete support, and includes: physiotherapist at every practice; athletic trainers; sports psychology intern assigned to the team; campus doctor; massage therapist and osteopath, all on campus. A chiropractor with minimal rates and access to sport medicine doctors in the city are also available.

Club affiliation:

Sudbury's Track North Athletic Club

Competition schedule: XC:

Laurentian Open, Western International, Geneseo Open (NY), Mustang Open, OUA, CIS)
Indoor Track: Lake State Open (MI), Fred Foot Open, York Open, Ottawa Winter National, OUA, CIS)

Awards/scholarships:

Laurentian Athletic Department scholarships. Laurentian provides other athletic and academic awards such as the LU Automatic Academic Scholarships, the Dean's Scholarship, Northern Access Awards, Francophone Student Award and Leadership Awards (contact the head coach for more information)

What is Special about Laurentian XC/Track:

The high athlete-coach ratio provides athletes with a excellent degree of personal attention. Laurentian has one of the most successful XC programs among small universities in the CIS. The new indoor and outdoor tracks with equipment and support services outlined, provide an excellent training environment.

About Laurentian University:

With about 9,000 full-time and part-time students, Laurentian University one of only two bilingual universities in the country, Laurentian has a beautiful campus and is a well-respected, fast-growing institution, offering small class sizes, a number of specialty programs and high graduate employment rates.

Last updated: Aug. 30th, 2010



LAVAL UNIVERSITY (Quebec City, QC)



Name of Head Coach: Marie-Christine Côté
Head Coach Phone #: 418-656-2131 ext 6746
Coach E-mail: marie-christine.cote@sas.ulaval.ca

Website: www.rougeetor.ulaval.ca
Team Name: Rouge et Or

Head coach biography:

Coach Côté has a Bachelor's degree in Physical Education, and Masters in Sport Management, and has been involved in athletics since 1991.

Assistant coaches:

Kaven Després (level 3 mid-distance), **Patrick Noah** (level 3 sprints), **Simone Lemieux** (jumps), **Simon Louis-Seize** (level 2 Throws), **Jean Lépine** (PV), **Neil Martindale**

Top athletes:

Tommy Lecours (600m/800m & 1000m), **Laurélie Harvey** (Long jump & 300m), **Geneviève Thibault** (60m & 60mh), **Caroline Sow** (Hammer throw & Shot put)

Team results:

2007/2008: Women & Men – 3rd at Provincial Championships (6 Gold, 5 Silver & 8 Bronze, 2007/2008: 1 Gold at CIS)

Training facilities:

200m indoor track, 400m outdoor track with throws facilities, multiple possibilities for cross country.

Performance enhancements:

The team has access to a team of doctors and physios dedicated to Rouge et Or athletes.

Competition schedule:

January 17-18, 2009 -: Vert et Or Inv., January 30-31, 2009 - Team Challenge, February 14, 2009 - Valentine Invitational, February 27-28, 2009 – Provincial Championships, March 12-15, 2009 – CIS Championships

Awards/scholarships:

Athletics rookie bursary - \$1,000 (Tommy Lecours), Bourse Banque Nationale (Laurélie Harvey), Sports Awards Athlete Bursary (Tommy Lecours) – 2 x \$500; funding from the Quebec Region

About the University of Laval:

Laval has an athletics program with good, dynamic coaches, and training facilities of high quality to meet the demands of University sport.



UNIVERSITY OF LETHBRIDGE

(Lethbridge, AB)



Name of Head Coach: Larry Steinke
Head Coach Phone #: 403-382-8985
Head Coach E-mail: steinke@uleth.ca

Website: www.horns.uleth.ca
Team Name: Pronghorns

Coach Bio:

Coach Steinke is a former athlete and well respected throws coach, and has been a national team coach for many years. In 2008 Larry was throws coach for the Olympic team, and previously has been named to teams such as World Championships, Pan Am Games, and Francophone Games.

Top athletes:

Shot put/weight throws: **Jim Steacy, Sean Steacy, Heather Steacy.**

Team results:

29 CIS championship medals; 2004 CIS men's team bronze medalists; 39 Canada West Championship Medals; U of L athletes presently hold 3 of 4 CIS championship throwing records.

Training facilities:

U of L has 200m indoor Pulasitc 2000 synthetic track and Field events and throws training area with 4,000 sq ft weight training facility.

Performance enhancement:

Medical and physio staff available on campus.

Club Affiliation:

Chinook Track and field Club.

Competition schedule:

U of L athletics schedule varies by season.

Awards/scholarships:

The Jimmie Condon athletic scholarships - \$1,800 value (Alberta resident for one year). Provincial award: 15 men and 15 women. Pronghorn Athletics awards more than \$400,000 in scholarships and fees annually. The U of L is committed to developing and recruiting high performance athletes through financial support. CIS rules allow schools to award student athletes their full tuition and fees. Total scholarship amounts available vary depending on the team and annual budgets. All student-athletes are eligible for additional, general academic University scholarships and bursaries and are encouraged to apply. The University also offers many awards based on academic success.

About the University of Lethbridge:

Academically, our small classes allow direct interaction with your professors and our liberal education environment enables you to explore other areas of interest and helps you meet your career goals. In all, the University offers more than 150 programs through six Faculties and Schools. Pronghorn Athletics is the heart of the Lethbridge sporting community. The amount of media coverage is unprecedented, and the droves of Pronghorn faithful that follow and attend Pronghorn athletic events truly reflects the passion southern Alberta has for its teams.



UNIVERSITY OF MANITOBA (Winnipeg, MB)



UNIVERSITY
OF MANITOBA

Name of Head Coach: Claude Berube
Head Coach Phone #: 204-474-8989
Head Coach E-mail: berubecr@ms.umanitoba.ca

Website: www.gobisons.ca
Team Name: **Bisons**

Head coach biography:

Claude is a certified NCCP level 5 coach who has been the Head Coach for the University of Manitoba for over 10 years. He has been the recipient of 2005 CIS Women's Track & Field Coach of the Year and 2008 Canada West Men's Track & Field Coach of the Year.

Assistant coaches:

Scott Dressler (level 3 PV); **Melanie Gregg** (level 2 HJ); **Donna Kaye** (level 3 Sprints/Relays); **Wayne McMahon** (level 3 CE); **Dallas Mooney** (level 3 Hurdles./Jumps); **Marvin Nash** (level 3 Sprints/Hurdles); **Jill Neumann** (level 4 Throws); **George Tanner** (level 3 Sprints); **Bruce Pirnie** (level 4 Throws); **Russ Zacharias** (level 3 Sprints/Hurdles).

Top athletes:

Garth Suppes (CIS Weight Throw – Bronze Medalist); **Caley Miskimmin** (Canada West 60m – Gold Medalist); **David Szczepaniak** and **Kris Geyson** (CIS 4 x 400m – Bronze Medalist); **Joshua Gundrum** (Canada West Triple Jump – Gold Medalist); **Rossel Sabourin** (Canada West Pole Vault – Silver Medalist); **Lucas Rodewald** (Canada West High Jump – Silver Medalist); **Kieran Moolchan** (Canada West 60m Hurdles – Silver Medalist); **Chris Belof** (Canada West 3000m – Bronze Medalist); **Meaghan Woo** and **Kimberly-Ann Bordun** (CIS 4 x 200m – Bronze Medalist); **Katrina Bruckschwaiger** (Canada West X-Country – Silver Medalist).

Team results: 2009

XC Men – 5th Canada West and 15th at CIS; XC – Women – 3rd at Canada West and 5th at CIS; T&F- men- 1st at Canada West and 4th at CIS; T&F women – 5th at Canada West and 14th at CIS.

Training facilities:

The indoor track at the University is the Max Bell Centre. It has 6 lanes of banked Mondo and a 10 lane sprint straight. The jumps runways and fans are also Mondo, throwing circles are wood. The outdoor facility is the University Stadium, which is a 400m Mondo track that was built for the 1999 Pan Am Games.

Performance enhancement:

There are 3 full time certified athletic therapists and massage therapists available in the Clinic, as well as 4 student therapists assigned to work with the team.

Club affiliation:

The University of Manitoba Track & Field / Cross Country teams is made up of athletes who also represent the Bison Track and Field Club, the Winnipeg Optimists, and the Flying M Track and Field Club during the summer months.

Competition schedule:

There are 5-6 cross country events and approximately 15 Track & Field provincial, national and invitational competitions in the schedule. Both in Canada and the United States

Awards/scholarship:

The University of Manitoba issues between \$25,000 and \$30,000 in Athletic Awards to the Track & Field / Cross Country teams. There are an additional 10 special awards of \$300- \$1,000 also given to members of the team based on specific criteria. Other awards can also be found at: http://umanitoba.ca/student/fin_awards/

About the University of Manitoba:

The University has a long tradition in both Cross Country and Track and Field. Bison Men's teams have won 7 CIS/CIAU Men's Team Championships along with 9 Canada West Titles. The Bison Women's program have won 1 CIAU Team Championship along with 4 Canada West Titles. Throughout the years, over 200 University of Manitoba Track & Field and Cross Country athletes have achieved All-Canadian status. The Bison program offers excellent coaching in all events. We also offer a unique opportunity to study French at the College Universitaire St-Boniface, while living in western Canada.

Last updated: Aug. 31st, 2010



McGILL UNIVERSITY (Montreal, QC)



Name of Head Coach: Dennis Barrett
Head Coach Phone #: 514-398-7000 ext 01646
Head Coach E-mail: dennis.barrett@mcgill.ca

Website: www.athletics.mcgill.ca
Team Name: Redmen & Martlets

Head coach biography:

Coach Barrett has a B.Sc in Health Sciences and Physical Education from Austin Peay State University in Clarksville, Tennessee, where he received a track scholarship. He also competed for McGill becoming the track team's first All-Canadian. Presently Dennis also serves as McGill's Strength and Conditioning Coordinator with a certificate in speed, agility and strength and conditioning (CSCS), (SAC). He has coached 42 All-Canadians during his 24 year tenure as head coach and earned Quebec university conference coach-of-the-year status 20 times in track and 29 times in cross country.

Assistant coaches:

Frederick Bouchard (pole vault); **Mike Babb** (XC&mid-dist); **Cyrus Bilimoria** (sprints); **Jerome Faverial** (sprints/hurdles); **Fabio Lamberto** (HJ); **Alfredo Villar-Sbaffi** (LJ&pent); **Catherine Megias**; **Andrea Wheeler** (hurdles); **Martin Angel** (XC&mid-dist), **Maxime Harel** (throwing events)

Top athletes:

Sarah Ali-Khan, Dr. Linda Thyer, Tambra Dunn, Lauren Whyte, Melanie Choiniere, Elaine Penny, Stephanie Welsh, Carly Moher, Lauren Whyte, Elspeth McGregor, Alex Hutchinson, Jean-Nicolas Duval, David O'Hara, Derek Covington, Aaron White, David Faille, Blair Bateson, Brendan Rehel.

Team results:

XC: Women have won 20 QSSF (Quebec) conference titles and men have won 8 QSSF conference titles in the last 15 years. Track and field: Women have won 14 QSSF conference titles and men have won 6 QSSF conference titles in the last 20 years.

Training facilities:

The indoor venue is the Richard. H. Tomlinson Fieldhouse, which features one of the best indoor tracks in the country and has hosted many provincial and national championships. Outdoor training is done in Molson Stadium. Mount Royal offers excellent conditions for XC and trail running. McGill has a well equipped weight room.

Performance enhancement:

The McGill Sports Medicine Clinic is on site and dedicated therapists are present at all team practices.

Competition schedule:

The schedule consists of competitive provincial and national meets, as well as US invitational opportunities.

Awards/scholarships:

McGill University's endowment toward athletic financial awards totals \$240,000 with annual individual awards ranging from \$1,000.00- to a maximum of tuition and ancillary fees.

About McGill:

McGill has a great legacy in sports, with track and field dating back to 1899. It is one of Canada's best known institutions of higher learning and one of the country's leading research- intensive universities. From a small college in 1821, McGill has grown into a bustling university with 2 campuses, 11 faculties, some 300 programs of study and more than 33,000 students. The university partners with four teaching hospitals to graduate over 1,000 health professionals a year. For information visit: <http://www.mcgill.ca/prostective/> or <http://www.mcgill.ca/student-accounts/fees/>. For information on tutorial services, see <http://www.mcgill.ca/tutoring/who>.



McMASTER UNIVERSITY (Hamilton, ON)



Name of Head Coach: Rory Sneyd
Head Coach Phone #: 905-689-9851
Head Coach E-mail: sneydr@mcmaster.ca

Website: www.marauders.ca
Team Name: **Marauders**

Head coach biography:

Coach Sneyd is a graduate of Eastern Michigan University and has been at McMaster since 2006. In 2007, **Paula Schnurr** and **Peter Self** accepted his invitation to rejoin the coaching staff and since then the program has developed into one of the premier running programs in the country. In 2009, the women's cross team captured silver at the OUA Cross Country Championships and placed third at the CIS Championships. These were the best-ever finishes for the Marauder women at these Championships. In 2009, the men placed 8th at the CIS Champs, the best finish for the men since 2000. In 2008, Coach **Sneyd** was named the OUA Women's Cross Country Coach of the Year. In August of 2010, **Paula Schnurr** was named Head Track Coach after McMaster received over \$2-million, bequeathed by philanthropist Mona Campbell, to build an elite Track program. **Schnurr** is going into her 12th season as a XC and Track Coach at her alma mater. She competed for the Marauders from 1983-1988, and still holds CIS records in the 1000m (2:42) and 1500m (4:16). She captured a silver medal in the 1500m at the 1994 Commonwealth Games and represented Canada in the 1500m at the Olympic Games in Barcelona (1992) and Atlanta (1996).

Assistant coaches:

Eric Enders (sprints), **Paula Schnurr** (endurance; two-time Olympian in 1500m), **Peter Self** (endurance).

Top athletes:

Jessica Pearo (5th at 2009 CIS XC, member of 2010 FISU Canadian bronze medal winning team); **Katie Anderson** (6th at 2009 CIS Champs in 1000m) **Larry Abbott** (15th at 2009 CIS XC Champs)

Team Results:

Women: 2nd at OUA XC and 3rd at CIS XC in 2009; Bronze medal for women at the 2010 CIS Track & Field Championships in 4 * 800m relay. Men: 8th at 2009 CIS XC, 6th in CIS 4 * 800 m relay in 2009,

Training facilities:

Indoor training is held at the David Braley Centre which has a 200m indoor track. The team has exclusive use of the track during practice times. There is an outdoor 400m track on campus beside the Ron Joyce Stadium. Water running is available in the McMaster pool.

Performance enhancements:

The 4700 square foot state of the art David Braley Sports Medicine and Rehabilitation Centre boasts an in-ground, salt water hydrotherapy pool with underwater treadmill and video analysis system as well bracing and sport medicine retail store. The certified sports medicine staff specialize in everything from physiotherapy to active release therapy and acupuncture. There are also several specialists such as orthopedic surgeons, massage therapists and a chiropractor. McMaster has a unique 12 month strength and conditioning program that meets the needs of XC and track programs for in and out of season needs.

Competition schedule:

In addition to the OUA schedule, McMaster XC and Track teams have expanded their season to include the prestigious Loyola Lakefront Invitational in Chicago, the McGill XC and Track meets in Montreal, and the Meyo Invitational meet held at the University of Notre Dame in South Bend, IN.

Awards/scholarships:

Academic entrance awards and bursaries are available through the Scholarship & Financial Aid Office (<http://sfas.mcmaster.ca>). Athletic Scholarships up to \$3,500 are available to incoming athletes who have an 80% average.

About McMaster:

McMaster, a world renowned research-intensive university, fosters a culture of innovation and commitment to discovery and learning in teaching, research and scholarship. Based in Hamilton, the University, one of only 4 Canadian universities to be listed in the top 100 Universities in the world, has a student population of 23,000 and an alumni population of more than 125,000.

Last Updated: Oct. 4th, 2010



UNIVERSITY OF MONCTON (Moncton, NB)



UNIVERSITÉ DE MONCTON
EDMUNDSTON MONCTON SHIPPAGAN

Name of Head Coach: Steve LeBlanc
Head Coach Phone #: 506-858-4196
Head Coach E-mail: leblanste@umoncton.ca

Website: www.umoncton.ca/umcm-sports/
Team Name: **Aigles Bleues**

Head coach biography:

Coach LeBlanc has over 10 years of experience coaching in the CIS, three as head coach of UdeM. He is a NCCP certified Level 3 coach in sprints and in jumps. He has over 18 years of experience coaching athletes at all levels. He is presently employed by Athletics Canada as the head coach for the Atlantic region, and is the director of the Centre for Athletics – Atlantic that is based on the campus of UdeM.

Assistant coaches:

Earl Church (level 4), throws & combined events; **Peter Stuart** (level 3), jumps; **Joël Bourgeois** (level 3), cross country & endurance; **Jules Comeau** (level 2), cross country; **Marc-Michel Couture** (level 1), endurance.

Top athletes:

Sprints: **Mathieu Frenette**; **Gabriel LeBlanc**; **Alex-Maude Mallais**. Distance: **Olivier Babineau**; **Jean-Marc Doiron**. Jumps: **Mélanie Bois**; **Mathieu Gagnon**; **Sara Miller**. Throws: **Sophie Arseneault**; **Mitch Caissy**; **Stéphane Lavoie**.

Team results:

Women 2009: T&F 3rd in AUS; XC 6th in AUS
Men 2009: T&F 2nd in AUS; XC

Training facilities:

Indoor: CEPS Vance Toner stadium (167m Mondo, 4-lane oval & 5-lane straight, full jumps & throws facilities)
Outdoor: New Moncton stadium (400m Mondo, 8-lane oval, full jumps & throws facilities)
The campus XC course has hosted CIS XC Championships and Canadian XC Championships.

Performance enhancement:

Medical support is provided by an on-campus physiotherapy clinic with full medical services, as well as athletic training staff and massage therapist.

Club affiliation:

The university is associated with the ASEA club based in Moncton.

Competition schedule:

T&F: 3-4 competitions, including the McGill Team Challenge, as well as AUS & CIS Championships
XC: 4-5 competitions as well as AUS & CIS Championships

Awards/scholarships:

Approximately \$4000 in total athletic scholarships, as well as 190 academic scholarships of up to \$4000 and special academic scholarship programs for students entering from English high schools.

About the Université de Moncton:

The UdeM is associated with a regional high performance centre, the *Centre for Athletics – Atlantic*, and will host the 2010 IAAF World Junior Championships in a brand new world class stadium. The university is the only Francophone University competing in the AUS conference; it offers programs in education, administration, engineering, arts and social sciences, health sciences, and science. There are approximately 5,000 students enrolled in the university; typical tuition fees were \$4,920 for 2007-08; on campus student housing is available.

Last updated: Aug. 31st, 2010



UNIVERSITY OF OTTAWA (Ottawa, ON)



uOttawa

Name of Head Coach: Andy McInnis
Head Coach Phone #: 613-247-4886 & 613-830-1993 x225
Head Coach E-mail: amcinnis@ottawalions.com

Website: www.geegees.ca
Team Name: **Gee-Gees**

Head coach biography:

With a resume that includes five Olympics, including head coach for Canada at the 1996 Atlanta Olympics, leading a series of stellar results in the sprints, with gold medals from Donovan Bailey and the Men's 4 x 100m Relay Team, and adding 10 World Championships, McInnis has coached athletes from 15 to 70 years of age, from beginners to world medallists.

A recipient of the Coaching Association of Canada's Wittnauer Coaching Excellence award for international successes, McInnis has also coached track at Louisiana State (1984-88) and the University of Hawaii (2001-05) and brings a firm understanding of numerous development models for building champions.

Assistant coaches:

Sprints / Hurdles / Relays – **Glenroy Gilbert, Ken Porter, Andrew Page, Richard Deneault, Dan Biocchi**

Endurance – **Ray Elrick, Nathalie Cote, Kristin Marvin**

Jumps / Combined Events – **James Holder, Miles Rowat, Darcy Cumming, Pauline van der Roest**

Throws – **Joe Burke, Judy MacDonald, Darrin Reesal**

Top athletes:

Sprints: **Oluwasegun Makinde, Ashlae Maddex, Julia Tousaw**; Distance: **Julia Malleck**; Jumps: **Christopher Greenaway, Olivier Gauthier-Kwan**; Combined Events: **Patrick Arbour**

Team Results:

Men 2010 – 5th Overall OUA's (16 athletes in 24 events & 3 relays) & 8th Overall CIS, Women 2010 – 7th Overall OUA's (15 athletes in 20 events & 3 relays) & 20th Overall CIS.

Training facilities:

Training sites are as follows: a) Dome @ Louis-Riel H.S: Full Indoor 400m (4 lanes) and 100m (6 lane straight), with provisions for LJ and PV; b) Terry Fox Athletic Facility: Newly renovated facility that includes a newly laid 400m, 8 lane track, and provision for HJ, PV, and throws; c) A high performance weight room is provided

Performance enhancement:

The University of Ottawa Sports Therapy Program includes a psychotherapy center on campus.

Club affiliation:

The Ottawa Lions Track and Field Club (OTTL) ottawalions.com. Ottawa is home to the Canadian National Sprints Program run by team assistant coach Glenroy Gilbert (National Relays & Sprints Program Lead Coach)

Competition schedule:

Cross Country: September – November: Colgate Invitational, Paul Short Invitational, Hoffmen Invitational, UofO Open, OUA Championships and CIS Championships; Track and Field: Red, Garnet & Gold Challenge, Saints Holiday Relay, Dome Super Saturday Series, Dartmouth Relays, McGill Team Invitational, OUA Championships, CIS Championships.

Awards/scholarships:

Student-Athlete Freshman – T&F and XC awards of \$3,500 each year split amongst top incoming academic male/female athletes. For other financial opportunities and incoming academic scholarships please visit www.loansandawards.uottawa.ca

About the University of Ottawa:

The unique, one of a kind club-school partnership has a big impact on athlete development and performance. The University of Ottawa is a bilingual university with a broad range of programs. It is situated in downtown Ottawa creating an exciting atmosphere for the student-athlete.

Last updated: Oct. 18th, 2010



QUEENS UNIVERSITY (Kingston, ON)



Name of Head Coach: Melody Torcolacci
Head Coach Phone #: 613-533-6000 ext: 74698
Head Coach E-mail: qtrack@queensu.ca

Website: www.gogaelsgo.com
Team Name: **Gaels**

Head coach biography:

Torcolacci is a fully certified NCCP Level 3 Sprints, Level 3 Throws and Level 2 Jumps coach. She is a seven time national champion, four-time CIS Champion, OUA record holder in the shot put. As an athlete she has represented Canada at numerous international events including two Commonwealth Games, a Pan Am Games, a FISU Games and a World Championship. Torcolacci has coached at a Canada Games and presented at several National Legion Camps.

Assistant coaches:

Wayne Bulak (15th season; sprints and hurdles; recruiting coordinator; coached numerous Ontario Legion Teams and coached at a FISU Games). **Curt Bolton** (23rd season; Cross Country/distance women; coached the women to three OUA Championship Banners). **Kevin Dunbar** (2nd season; Cross Country/distance men).

Top athletes:

Matt Hulse: 2008 OUA 1500m Gold Medal, 2008 CIS 1500m Silver Medal, 2008 CIS 1000m Bronze Medal; 2009 OUA Cross Country All Star; 2009 OUA/CIS Community Service Award winner. **Jan Stirling:** 2006 OUA/CIS 4x400m relay Silver Medal; 2005 and 2009 Team Nova Scotia Canada Games competitor. **Leah Larocque:** 2007 and 2008 OUA Cross Country All Star; 2x CIS qualifier in the 1500m. **Marissa Walter:** 2007 Canadian Youth Championship 100 and 200m Silver Medal, 2007 Nova Scotia Junior Athlete of the Year. **Stephanie Hulse:** 2009 OFSAA 3000m Silver Medal; 2008 Canadian Youth Championship 3000m Bronze Medal

Team results:

Queen's men have won four CIS and five-OUA Cross Country Championship banners during the program's history. On the women's side, Queen's have earned four OUA Championship banners with a second place at the CIS championship as their best finish. Queen's Cross Country Teams are consistently challenging for an OUA podium finish and in the CIS Top-10. In Track and Field, the Gaels top finish for men's is fourth and sixth for women's. Queen's athletes have won several OUA Track and OUA Field MVP awards along with two CIS Track MVP awards.

Training facility:

With significant green space around campus Queen's student-athletes have quick and easy access to some of the best running areas anywhere including two conservation areas as well as Fort Henry Hill - the championship course used for prestigious cross country events like the FISU, CIS and OUA championship events. The track and field team trains outdoors during the fall and indoors at the Military Track (a 6-lane mondo) facility adjacent to Royal Military College (RMC).

Performance enhancement:

Cross Country/Track & Field athletes have access to personal therapy in the large new training room in the Queen's Center. Access to a sports medicine doctor can quickly be arranged by therapy staff.

Competition schedule:

Cross Country competes at three to five invitational meets prior to championship events. Track and Field has eight preparatory meets before championship events. For both XC and track the meets are a mix of Canadian and American Invitational's.

Awards/scholarships:

Track and field/XC has a number of awards these include the Rolf Lund, John A Watts, and Nancy Potvin Awards. Other athletic awards available to track/Cross Country are The Mary and Jim Courtright Student Award and the women's Golden Gaels Awards. The team also offers AFA's (Athlete Financial Awards) to top recruits. Queen's University provides in excess of 21 million dollars annually in student financial assistance (both merit and need based). Queen's distributes more than 1-million dollars to student-athletes with approximately 40% of Queen's athletes receiving awards.

ABOUT QUEEN'S:

Queen's is one of Canada's leading universities, with an international reputation for scholarship, research, social purpose, and spirit. Consistently highly-ranked, Queen's is known for its incomparable 24-hour learning environment. Great teaching, great students, community and tradition - these are the hallmarks of the Queen's experience.

Last updated: Aug. 31st, 2010



UNIVERSITY OF REGINA (Regina, SK)



Name of Head Coach: Bruce McCannel
Head Coach Phone #: 306-337-2366
Head Coach E-mail: bruce.mccannel@uregina.ca

Website: www.reginacougars.com
Team Name: **Cougars**

Head coach biography:

Bruce is a certified NCCP level 3 coach who coaches the jumpers and multi-event athletes at the U of R. Awarded the 2009-10 CanWest coach of the year, Bruce led the Cougars to multiple CanWest Championships. As an athlete Bruce competed in long jump and triple jump at the provincial, collegiate (CIS & NCAA), and national level and has more than 15 years of experience in track and field as a coach and athlete.

Assistant coaches:

Alger Seon - Sprints & Hurdles; **Graeme McMaster** - Long Distance & Cross Country; **Larry Longmore** - Middle Distance; **Terry Mountjoy** – Throws; **Rick Gelsinger** - High Jump & Relays; **Gerod Wiens** - Multi-Event Hurdles; **Nicole Schwartz** - Pole Vault.

Top athletes:

Cougar athletes have competed at the highest levels including the World Track and Field Championships, World Student Games (FISU), World Juniors, NACAC, Canada Games and the World Junior and Senior Cross Country Championships. The Cougars have also had multiple medalists at the CanWest and CIS Championships.

Team Results:

2009-10 CanWest Track and Field Champions, 2009-10 Cross Country Champions.

Training facilities:

Indoor training occurs at the Centre for Kinesiology, Health & Sport; the facility includes a 4 lane Mondo track, 5 gyms, 2 weight rooms, team rooms, hydro room and a pool. Outdoor training is done at the Canada Games Athletic Complex, a 6 lane facility built for the 2005 Canada Games.

Performance enhancement:

Year round access to physiotherapy, chiropractic and sports medicine services for Cougar athletes is available through the Allied Health Center which is located directly beside the indoor track facility. Student trainer coverage is available at each practice and competition. Sport psychology and nutrition services are available on campus.

Club Affiliation:

The Cougars are registered with Saskatchewan Athletics and are affiliated with Excel Athletika. Regina is home to Carla Nicholls, the National Talent Development Coach of jumps, multi-events and hurdles for Athletics Canada.

Competition schedule:

The Cougars compete in the CanWest conference of the CIS. The Cougars host one cross country meet and two track meets each season and travel throughout Western Canada and the Northern United States for an away schedule of 3-5 cross country meets and 4-6 track and field meets.

Awards/scholarships:

The U of R offers a variety of athletic, academic, and athletic/academic scholarships for top athletic recruits and continuing student-athletes; the university provides Cougar track and field athletes with more than \$125,000 in athletic related scholarships each season. Individual awards range from \$1,000 up to \$5,000 per season. Academic scholarships are available on top of athletic monies. Each Cougar athlete who achieves an 80% university average will receive a \$4,000 scholarship.

About the university of Regina:

The Cougars are dedicated to providing the opportunity for student-athletes to excel both academically and athletically. Academically, the U of R provides a dynamic, innovative and supportive learning experience with a growing national reputation for excellent teaching and leading-edge research. Small class sizes and a variety of services to support student achievement create a quality of student life second to none. The U of R is well known as a leading university in the areas of Arts, Business Administration, Education, Engineering, Kinesiology and Health Studies, Nursing, Sciences and Social Work. Each season the Track and Field and Cross Country team is ranked as one of top performing academic programs at the U of R, the team's annual GPA is over 70% and each season more than 25% of athletes achieve CIS Academic All-Canadian status.

Last updated: Aug. 30th, 2010



SAINT MARY'S UNIVERSITY

(Halifax, NS)



One University. One World. Yours.

Name of Head Coach: Kevin Heisler
Head Coach Phone #: 902-476-8379
Head Coach E-mail: kheisler@ns.sympatico.ca

Website: www.smu.ca/athletics
Team Name: Huskies

Head coach biography:

Coach Heisler has been Head Coach for Cross Country for the past 14 years and Head Coach for Track & Field for the past three years. Kevin is a level 3 distance coach who has coached at three Canada Games teams, several other Provincial teams and eight National teams.

Assistant coaches:

Winston Manuel (Level 3 Sprints), **Doug Mitchell** (Level 3 jumps) several times National teams and **Craig Grace** (Level 2 throws).

Top athletes:

Sprints: **Kayla Marcotte**, **Nick Moore** Distance: **Brad Orchard**, Throws: **Garrett Ramey**, Jumps: **Mike Weatherbie**.

Team results:

2009 – Men 4th place at AUS; 2007 – Women 3rd place at AUS

Training facility:

Cross Country: Point Pleasant Park, Gorsebrook Field and SMU track. Track & Field: SMU Outdoor and Indoor tracks and Dalplex.

Performance enhancement:

Athletic and Massage Therapists.

Club affiliation:

The Saint Mary's Huskies are affiliated with the Halifax Wanderers and the Sackville Chebucto Athletics.

Competition schedule:

Cross Country; Moncton, Dalhousie University, UNB and AUS Champs and qualified runners to CIS Champs. Track competitions include; meets at Dalhousie University, Moncton, McGill Team Challenge and AUS Championships.

Awards/scholarships:

Athletic Awards available. Other financial opportunities available @ www.smu.ca/futurestudents/financialaid.html

About Saint Mary's University:

Saint Mary's offers good financial support, caring knowledgeable coaches, excellent facilities and a great city! The university is primarily an undergraduate university with an excellent Commerce Program.

Last updated: Oct. 19th, 2010



UNIVERSITY OF SASKATCHEWAN (Saskatoon, SK)



Name of Head Coach: Joanne McTaggart
Head Coach Phone #: 306-966-1022
Head Coach E-mail: joanne.mctaggart@usask.ca

Website: www.huskies.usask.ca
Team Name: Huskies

Head coach biography:

Joanne McTaggart has her NCCP Level 3 Sprints and Hurdles. She was a member of Canada's National team 1972 – 1980, a member of Pan American Games team 1975 and a member of Canadian Olympic team in 1976. This is her 3rd year as Head coach of the Huskies TF team and her first year as Head coach of the Cross Country team.

Assistant coaches:

Ivan Tam (sprints/hurdles), **Todd Johnson** (multi events), **Rick Petrucha** (PV), **Dean Bertoia** (throws), **Doug Medernach** (throws), **Kevin Cumming** (horizontal jumps), **Lyle Sanderson** (vertical jumps), **Dave Christensen/Jeff Rinas** (middle distance), **Murray McCormick** (long distance/mens XC), **RossAnn Edwards** (long distance/womens XC).

Top athletes:

Chris Crossley (pentathlon) CIS Gold medalist and CIS record holder, **Taryn Suttie** (SP/WT) CIS Gold medalist and record holder Shot Put, **Andrew Smith** (SP/WT) CIS Gold medalist Shot Put, **Taylor Petrucha** (PV) CIS silver medalist, **Leah Vause** (PV) CIS silver medalist, **Dillon Petrucha** (PV) CIS Bronze medalist, **Sharai Siemens** (sprints) CIS Bronze medalist 300m, **Graeme Rinholm** (sprints) 4th CIS 60m, Sask Record holder 60m.

Team results:

The womens team won the CanWest title for the second year in a row and finished 5th at CIS, the mens team was second at CanWest and finished 4th at CIS.

Training facility:

Saskatoon Field House has a 200-m flat track with excellent strength training facilities adjoining. Next to the Fieldhouse is Griffiths stadium, which has a 400-m chevron surface. Athletes can also train at the PAC with an indoor track and high performance weight centre. Cross country athletes use Griffiths Stadium as well as the many trails on Saskatoon's riverbank.

Performance enhancement:

On site trainers during training and at all meets. Physical Therapist: Rhonda Shishkin.

Club affiliation:

Affiliated with Saskatchewan Athletics; as well as Saskatoon and Riversdale Track and Field Clubs

Competition schedule:

U of S XC and TF compete in the CanWest Regional Association.

Track and Field: Annual competitions: Saskatchewan hosted Prairie Dual, Sled Dog and Santa Claus Throws, Alberta hosted Golden Bear Open, Manitoba hosted Bison Classic, Regina hosted Cougar Open, Canada West Championship and CIS Championship.

Cross Country: Annual competitions in Regina, Calgary, Saskatoon and at the CIS Championship.

Awards/scholarships:

The track & field team gave away \$44,000 in scholarships last season — averages to \$1,000 per award.

About University of Saskatchewan:

The University of Saskatchewan opened in 1907. Huskie Athletics is administered at the university by the College of Kinesiology. Huskie Athletics is an integral part of the University of Saskatchewan's goal of providing intellectual, cultural, social and physical activities as part of the university's mission of achieving academic excellence.

Last updated: Oct. 22nd, 2010



UNIVERSITY OF SHERBROOKE

(Sherbrooke, QC)



Name of Head Coach: Richard Crevier
Head Coach Phone #: 819-821-8000 ext 62549
Head Coach E-mail: richard.crevier@usherbrooke.ca

Website: www.USherbrooke.ca/sport
Team Name: **Vert & Or**

Head coach biography:

Head coach of the Vert & Or men's and women's track and field teams since 1985, Richard Crevier is one of the best sprint & hurdles specialists in the world of track & field. He has a good reputation internationally and has participated to many international competitions, as the IAAF World Championships, the Olympic Games, the World Students Games et the Francophone Games.

Assistant coaches:

Vincent Paquet (XC/ endurance); **Ibrahim Meite** (sprints); **Yves Roy** (jumps); **Francois Thénault** (PV), **Boris Zaitchouk** (Throws).

Top athletes:

XC/endurance: **Valérie Bélanger**, **James Poulin Cadovius**, **Olivier Lavoie**; sprints/hurdles: **Ben Youssef Meite**, **Jonathan Charest**, **Simon Léveillé**; CE: **Pascale Delisle**; throws: **Isabelle Boudreau**, **Annie Larose**

Team results:

The Men's team has won 18 of the last 22 FQSÉ Championships. In 2009, the Vert & Or has claimed its second double in a row at the conference championships. At the 2009 CIS Championships the Vert & Or finished in 2nd place with the men's team and in 7th with the women's team.

Training facilities:

Indoor stadium (1200 seats) – 200m Mondo track; outdoor stadium (6000 seats) – 400m Mondo track (IAAF certified); outdoor stadium (800 seats) – 400m Mondo track; training XC trails (on and off campus)

Performance enhancements:

Medical support: doctors, physiotherapists, massage therapists, chiropractors, and sport psychologists.

Club affiliation: Club d'athlétisme de Sherbrooke.

Competition Schedule:

Competitions of the Fédération d'athlétisme du Québec, CIS competitions, NCAA competitions, FIAA competitions.

Awards/scholarships:

Financing from the Fondation de l'athlète d'excellence du Québec, financing from the Fondation Athletas de l'Université de Sherbrooke, possibility of team sponsorships (ASICS), and academic support is also available.

About the University of Sherbrooke:

36,000 students (17,000 full-time) attend the Université de Sherbrooke. There is nine faculty (administration, law, sport and physical education, engineering, literature and human sciences, medicine and health sciences, science and theology, ethics and philosophy). There is 50 different programs for the first cycle (not including the possibility of minors), 48 programs at the master level and 27 doctorate program. Most of the faculties also offer certificate and/or diploma programs and some microprograms. There is 330 different programs in all spheres of human activities. The Université de Sherbrooke is proud of having the best university track and field program in the province of Quebec and one of the best in Canada. Athletes are well supervised and supported from beginning to end in the only track and field provincial training center recognised in Quebec. People of the region are experienced in organizing international track and field events, as the 2003 World Youth Championships. Athletes may also have access to support from an organization for high performance athletes: Excellence sportive Sherbrooke.

Last updated: Aug. 31st, 2010



SIMON FRASER UNIVERSITY (Burnaby, BC)



Name of Head Coach: Brit Townsend
Head Coach Phone #: 778-782-3382
Head Coach E-mail: btownsen@sfu.ca

Website: www.sfu.ca
Team Name: **Clan**

Head Coach Biography:

Brit Townsend began coaching at SFU 18 years ago and has been the head coach of the men's and women's programs for both cross country and track and field for 11 years. A former two-time Olympian, Townsend is an international medalist and has held seven Canadian records. A level 4 international coach, Townsend has coached both national and provincial teams, and has coached athletes to the Pan-Am Games, World Student Games, World Championships and Olympic Games.

Assistant coaches:

Tom Dickson-sprints and hurdles; **Jerrold Jones**-Jumps; **Jennifer Padrinao**-Throws. **Byron Collier-Javelin**; The Clan also have two grad assistants that work with the program.

Top athletes:

Ruky Abdulai (long jump)-2008 Olympian and 2009 World Championship team; 17 NAIA champion in triple jump, long jump, 100m hurdles, 400m; most ever titles in NAIA history and NAIA record holder; **Rebecca Johnstone** (800) ; Bronze medalist at World Student Games; NAIA multiple champion; **Mitch Culley**-Gold medallist Canadian Juvenile Champs; **Helen Crofts** (800m)-Pan Am Games bronze medal(2009), NAIA Champion; **Ryan Brockerville** (xc, steeplechase); NAIA All American; **Kevin Friesen** (xc, 5000m); NAIA All American; **Priye Iworima** (long Jump); Bronze medal NAIA; **Jessica Smith**-NAIA Champion, World Junior team member.

Team results:

Most ever Cross Country Championship team titles in NAIA History; Most ever Individual NAIA Championship titles; The SFU Cross Country and Track and Field program has produced 17 NAIA National Championships team titles, 12 NAIA individual cross country national champions, 17 men's track and field NAIA National Champions, 110 women's track and field National Champions, as well as 22 Olympians.

Training facilities:

International Track and Field Facility on campus that has hosted numerous meets as well as the Canadian Legion Track and Field Championships. Separate grass throwing field, fully equipped varsity Olympic weight training facility, recently constructed 12,000 square foot fitness room, indoor training areas for all event areas.

Performance enhancement:

All varsity athletes have full access to support services including Physiotherapy, nutritional counselling, health services and sports medicine.

Club affiliation:

SFU is affiliated with all clubs in the Lower Mainland and Pacific Sport Fraser Valley Regional Centre.

Competition schedule:

In 2010-11, SFU will become the first Canadian institution to join the NCAA after a 44-year affiliation with the NAIA. SFU competes in all three championships (cross country, indoor and outdoor track and field) and next season will join the Great Northwest Athletic Conference in the NCAA, giving SFU the best competitive opportunities in the country.

Awards/scholarships:

SFU offers both top academic and athletic scholarships as well as numerous other university entrance awards and bursaries.

About Simon Fraser University:

Named by MacLean's Magazine in 2009 as the top comprehensive university in Canada, SFU offers students more than 100 undergraduate major and joint programs and more than 45 graduate offerings at one of its three campuses in Vancouver, Burnaby and Surrey. Famous SFU alumni include Toronto Raptors head coach Jay Triano, 2000 Olympic Gold medalist Daniel Igali, 2008 Olympic Gold medalist Carol Huynh, current BC Premier Gordon Campbell and Canadian hero Terry Fox.

Last updated: Sept. 1st, 2010



ST. FRANCIS XAVIER (Antigonish, NS)



Name of Head Coach: Bernie Chisholm
Head Coach Phone #: 902-867-2310
Head Coach E-mail: bochisho@stfx.ca

Website: www.goxgo.ca
Team Name: **X-men & X-women**

Head coach biography:

Head Coach Bernie Chisholm has been coaching the StFX cross country team for the past 25 years, and the coach for the distance runners of the track team since it came into existence 8-9 years ago. He also has several years of international and national coaching experience. He has been recognized with several honours, including 11 AUS Cross Country Coach of the Year awards (4 men's and 7 women's) and is a member of the Nova Scotia Sport Hall of Fame. He also coached at the high school level for 35 years, winning 57 provincial titles, and he led the X-Men and X-Women cross country teams to their first CIS medals, as the X-Men won silver in 2008 and the X-Women won bronze in 2007. The X-Men followed up with a CIS bronze in 2010. During Bernie's time with the StFX cross country and track programs he has had 5 athletes represent Canada in international competitions.

Assistant coaches:

Lindsay Tasche (sprints), **Sasho MacKenzie** (jumps), **Greg Hadley** (throws).

Top athletes:

Past CIS All-Canadian track and cross country runners from StFX University include: **Monika Preibischova, Gina Stewart, David Gerych, Kim Hill, Erin MacLean, Leanna MacLean, Michelle Chisholm, Lavinia Gough** and **Eric Gillis**.

Team results: The X-Men and X-Women track and field teams have been competitive in each of the past 5-6 years and have been the AUS runner-ups. They consistently send individual athletes to compete at the CIS championship. The X-Men cross country team has won AUS titles in three of the past four years and the X-Women are the five-time defending AUS champions. The X-Men won a CIS bronze medal in 2009, CIS silver in 2008 and the X-Women a CIS bronze in 2007.

Training facilities: The X-Men and X-Women teams train on the newly built (2009) eight-lane, artificial field turf at StFX Oland Stadium. As well, there is an indoor running track at the StFX Charles V. Keating Centre and an outdoor 5km cross country course on the university campus.

Performance enhancement:

Team Doctor: **Dr. David Cudmore**; Athletic Therapists: **Tara Sutherland** and **Angela Wylie**; Student Therapist: **Melissa White**.

Club Affiliation:

Antigonish Track Club

Competition schedule:

Jan. 8 (Moncton); Jan. 15 (Dalhousie); Jan. 28-29 (McGill); Feb. 12 (Dalhousie), Feb. 19 (Dalhousie); Feb. 26-27 (AUS Championship); Mar. 10-12 (CIS Championship)

Awards/scholarships:

Athletic financial awards are available by contacting StFX head coach Bernie Chisholm. Other opportunities for financial support are available by visiting the StFX Financial Aid office website at http://www.stfx.ca/apply/financial_info/. This gives a complete listing of all external bursaries, scholarships and awards available for incoming StFX students.

About St. Francis Xavier:

StFX University is a small school (approx. 4000 students) located in Antigonish, a small town in north-eastern Nova Scotia. Class sizes are typically small, which allows students and faculty members to get to know one another personally, making for an excellent learning environment. Each year, graduating seniors receive their coveted 'X-ring' at a special ceremony - the Feast of St. Francis Xavier. StFX has been ranked as the top undergraduate university in Canada for each of the last five years by MacLean's. StFX has strong and loyal alumni, and a rich history of academic, social and athletic excellence.

Last updated: Oct. 25th, 2010



UNIVERSITY OF TORONTO (Toronto, ON)



UNIVERSITY OF
TORONTO

Name of Head Coach: Carl Georgevski
Head Coach Phone #: 416-978-2991
Head Coach E-mail: carl.georgevski@utoronto.ca

Website: www.varsityblues.ca
Team Name: **Varsity Blues**

Head coach biography:

Carl is a graduate of the U of T program. His area of expertise is in Jumps events and he also has extensive knowledge in strength and power development. He has worked with many successful athletes such as Milt Ottey and Greg Joy as well as developing athletes such as Alex Zaliauskas and Michael Ponikvar. Carl was the National Coordinator for Jumps with Athletics Canada when the University of Toronto was a designated National High Performance Centre.

Assistant coaches:

Adrian Roberts (level 3 sprints & hurdles); **Dave Hunt** (level 4 hurdles); **Bob Westman**; **Ross Ristuccia** (level 3 XC/Endurance); **Tom Moss** (level 5 PV); **Dave Hay** (level 3 jumps). **Jill Mallon** on maternity leave (level 4 distance)

Top athletes:

Endurance: **Tamera Jewett, Megan Brown**; High Jump: **Alex Witmer, Sarah Boyle**; Hurdles: **Hayley Warren, Sarah Wells**; Pole Vault: **Jason Wurster, Doug Creighton**; Combined Events: **Massimo Bertocchi (UTTC)**

Training facilities:

Provisions are available for Cross Country and all Track and Field events. Facilities are the University of Toronto Athletic Centre (indoors) and State of the art new Varsity Stadium with a Pyltan M surface (outdoors- built in 2007).

Performance enhancement:

- David McIntosh Sports Medicine Clinic serves the team and Ed Ratz is the head therapist.
- The team has comprehensive, year-round athlete support services available covering areas of nutrition and sport psychology.

Club affiliation:

University of Toronto Track Club (UTTC).

Competition schedule:

During the year, the university competes in 12-15 competitions at the provincial and national levels in Canada, as well as several competitive opportunities in the US. These have included meets such as Penn Relays, Drake Relays, Florida Relays, Cardinal Invitational (Stanford) and Mt. Sac Relays.

Awards/scholarships:

Athletic awards are available to all students that compete at a varsity level at the U of T. For more information visit: www.ac-feh.com/academic/undergrad/awards.php or www.adm.utoronto.ca/

About the University of Toronto:

- Focus on "athlete centered" program. Our program believes in helping athletes achieve excellence in academics and athletics and promotes positive personal values.
- U of T has a long history of producing national and international stars in the sport. Many carded athletes have been members of the Blues team (Megan Brown, Mark Dillion, Jason Wurster, Sarah Wells, and Massimo Bertocchi).
- There are annually many Quest for Gold funded athletes (5 in 2008).
- Yearly training camp for all team members at the University of Arizona in Tucson, Arizona.
- The training facility, Varsity Centre, is IAAF certified and one of the leading traing facilities in Canada.
- Has a renowned sports medicine clinic serving the men's and women's teams.

Last updated: Nov. 4th, 2010



TRINITY WESTERN UNIVERSITY

(Langley, BC)



Name of Head Coach: Susan Northey
Head Coach Phone #: 604 858-5779
Head Coach E-mail: Susan.Northey@twu.ca or run@twu.ca

Website: www.gospartans.ca
Team Name: Spartans

Head coach biography:

Northey has been coaching track athletes for 22 years at the provincial, national and international level. She coached Canada at the 2001 World Cross Country Championships and has acted as the Canadian endurance coach for the NACAC Track and Field Championships in 2006 and 2010. Northey is currently working on her NCCP Level 4.

Assistant coaches:

TBD

Top athletes:

Exciting new programme...stay tuned.

Team results:

Exciting new programme ...stay tuned.

Training facilities:

TWU trains at the Gerry and Jane Swan Stadium, an international track & field facility that recently hosted the 2008 Canadian Junior Championships and the 2009 Lafarge Abbotsford International Track Classic. The Spartans will use several different soft surface trails and fields to provide a variety of running workouts. Trinity Western University also has a top-quality weight training facility.

Performance enhancement:

Support from medical doctors, physiotherapists, sport psychologists, nutrition and strength and conditioning coaches.

Club affiliation:

The Valley Royals, who began operations in 1980 and has been recognized as one of the top clubs in Canada.

Competition schedule:

In addition to the CIS schedule, the Spartans will compete (in beautiful British Columbia) in cross country and track against NCAA div 1, 2 and NAIA schools on the west coast.

Awards/scholarships:

Significant funding opportunities is available for all qualified student athlete runners, with academic awards up to \$7,000 per year, grants up to \$6,000 per year in addition to track and cross country scholarships.

About Trinity Western:

The 2010-11 cross country and track season will be a return to CIS competition for the TWU Spartans. Earlier in the Spartans CIS tenure, 1999-2003, TWU ran competitive CIS cross country and track programs, which featured 2001 CIS All-Canadian gold medal sprinter Laura Wilson and 2000 CIS second team All-Canadian cross country runner Janine Moffett.

Last updated: Aug. 30th, 2010



UNIVERSITY OF VICTORIA (Victoria, BC)



University
of Victoria

Name of Head Coach: Brent Fougner
Head Coach Phone #: 250-721-8408
Head Coach E-mail: bfougner@uvic.ca

Website: <http://vikes.uvic.ca/>
Team Name: **Vikes**

Head coach biography:

Brent has been named 8 times as CIS Coach of the Year in Cross Country and has led the Vikes athletics program since 1987. He has been successful leading the men's and women's team to of 9 CIS national championships. Brent holds a share of the CIS record in both men's and women's cross country division for most consecutive Coach of the Year awards with four.

Assistant coaches:

Keith Butler – keithb@uvic.ca (middle distance); Ingrid Ruys (sprints).

Top athletes:

U of Vic program has produced 5 Olympians and numerous national team athletes.

Team results:

13 Cross Country Team Championships (19 top three finishers). University of Victoria has over 130 CIS individual and relay medalists. The Vikes hold 18 top 10 All Time Performances in CIS track.

Training facilities:

The Vikes have access to world class training facilities at Centennial Stadium. It was the host venue for the 1994 Commonwealth Games and the 2000 and 2004 Olympic Track & Field Trials. Along with numerous soft surface trails and local parkland training settings, Victoria's temperate climate (average winter temperature is 8 degrees C) allows for year round outdoor training.

Performance enhancement:

Qualifying varsity athletes can access a variety of programs and services as well as financial support towards accommodation, training camps and competitions.

Club affiliations:

The University of Victoria program is affiliated with PacificSport National Training Centre. Athletics Canada identifies Victoria as its primary training centre for endurance athletes.

Victoria is home to Wynn Gmistroski, a world class coach of endurance athletes, and Gary Reed, 4th place Olympian in 2008 in the 800m, Andrew Ellerton, Quinn Ferguson, Lemlem Ogbasillasie and several other athletes in the National Athletics Center training group.

Competition schedule:

The Vikes compete in cross country and track competitions against NCAA division 1, 2 and NAIA schools on the west coast from California up to British Columbia. During the outdoor season the team competes in targeted high performance meets leading up to National Championships and European tours.

Awards/scholarships:

In previous years, the University of Victoria cross country and track program has awarded \$50,000 (ranging from \$1500 to \$5,000 per athlete). Based on levels of student financial aid, UVic is among the top 20% of Canadian universities. We have increased the value of undergraduate scholarships and bursaries more than 150% in the past five years. **ACADEMIC SCHOLARSHIPS:** Grade 11 90% average in 5 academic courses = \$1,000 Entrance Scholarship. Grade 12 90% average in 4 academic courses = \$1,000 Entrance Scholarship. Higher Averages stand to earn \$4,000 - \$12,000 in Entrance and Renewable Scholarships. Further information on scholarships and financial aid can be found on the UVic website (www.uvic.ca).

ABOUT THE UNIVERSITY OF VICTORIA:

Vikes Athletics is one of the top inter-university athletic programs in the country. The Vikes Cross Country and Track program is well supported by the university, with fully funded varsity team travel (including per diems), 1 full time head coach and 2 part-time assistant coaches. The Cross Country/Track program annually ranks as one of the highest performing varsity programs academically, with 30-40% of the team achieving CIS Academic All-Canadian status (80% average GPA). The University of Victoria is recognized annually as one of Canada's top universities by external surveys and UVic students alike.

Last updated: Sept. 27th, 2010



UNIVERSITY OF WATERLOO



Name of Head Coach: Shane Ferth
Head Coach Phone #: (519) 616-7780
Head Coach E-mail: sferth@gmail.com

Website: www.warriortrackandfield.uwaterloo.ca
Team Name: **Warriors**

Head coach biography:

Shane, an accomplished sprinter moved into the coaching ranks with UW T&F in September of 2006. He is NCCP Level 2 certified in Sprints and Hurdles and is also a certified personal trainer and strength and conditioning specialist. Shane graduated with Honours in Kinesiology, with a minor in Biology in 2005.

Assistant coaches:

Kate Bickle (Sprints/Hurdles/Relays - Level 2), **Stephen Drew** (Distance), **Laura Sardone** (Distance), **Rick Heemskerk** (HJ), **Ian Morton** (Throws), **Janusz Tomko** (LJ/TJ/Hurdles - Level 3)

Top athletes:

Sprints: **Shlomo Dunyo, Luke Govia, Jacob Muirhead, Kofi Kwarko-Fosu, Oliver Grant, Jennifer Adebajo** Distance: **Charley Alllan, Patrick MacKinnon, Leslie Gray, Stephanie Hinton** Hurdles: **Eric Noland** Jumps: **Justin Conlon, Jason Goetz, Andrew Good, Katrina Vandervoort, Jeremy Yang**

Training facilities:

Waterloo's Physical Activities Complex has a rubberized activity area used for throws and jumps and includes five 40m lanes, used for sprint and hurdles training. The Waterloo Memorial Recreation Complex, has a 4 lane 250m indoor track used by the long sprint and endurance groups.

Performance enhancement:

The University of Waterloo provides full medical support throughout the year including physiotherapy, massage, chiropractic and specialized services. Two student therapists are assigned to the team for practices and competitions.

Club affiliation:

Upper Waterloo Track Club

Competition schedule:

Track & Field: UWO Season Opener, Sharon Anderson Memorial, Can Am Track Classic, McGill Team Challenge, York Classic, U of T Hal Brown Memorial, OUA Championships, CIS Championships

Awards/scholarships:

Athletic awards are issued on a case by case basis, requiring department approval and adherence to specific athletic and academic standards.

For other financial opportunities please visit www.safa.uwaterloo.ca

About Waterloo:

The team's high coach-to-athlete ratio fosters optimal athletic development by providing each athlete with a large degree of individual attention from our knowledgeable coaches. We are committed to providing a high-performance athletic experience coupled with first-rate academics. Our program and training regimen is flexible allowing athletes to give the necessary attention to their studies. The University has a population of 24,342 undergraduates, 3,600 graduates and a staff of 800. Tuition costs are \$5,200 per year for a typical Arts program. The university is perennially ranked among the top universities in Canada and has the world's largest post-secondary co-operative education program. Waterloo has a comprehensive list of programs to cater to the needs and interests of today's students.

Last updated: Oct. 7th, 2010



UNIVERSITY OF WESTERN ONTARIO (London, ON)



Name of Head Coach: Vickie Croley
Head Coach Phone #: 519-661-2111 ext 85073
Head Coach E-mail: vcroley@uwo.ca

Website: www.westernmustangs.ca
Team Name: **Mustangs**

Head coach biography:

Vickie has been Head Coach of the UWO for 14 years. She is a former varsity athlete in hurdles, jumps and relays and is presently a certified level 4 coach in athletics. Vickie currently coaches high jump & combined events.

Assistant coaches:

Sylvia Kontra (throws); **Catherine Bond-Mills, Marty Robertson** (sprints); **Norm Howes, Ron Becht** (endurance); **Frank Erle, Chris Williams** (jumps); **Dave Collins** (PV); **Harry Stantsos** (hurdles).

Top athletes:

The following athletes are recent CIS medalists: **Jen Cotten** (CE/LJ/4 X 400m), **Andrew Judge** (LJ/TJ), **Alanna Backx** (LJ), **Shellie McParland** (CE), **Pat Quilty** (TJ), **Alex Witmer** (HJ), **Heather Patterson** (Wt Throw, Shot), **Tara Paluzzi** (4 X 400m), **Lisa Grieve** (4 X 400m), **Jen Perrault** (4 X 400m), **Randy McAuley** (4 X 200m/4 X 400m), **Joel Newbert** (4 X 200m/4 X 400m), **Matt Middleton** (4 X 200m), **Jason Kerr** (4 X 200m), **Mario Rigby** (4 X 200m/4 X 400m), **Rob Gooch** (4 X 400m).

Team results:

In 2008, the women placed 2nd and the men 4th at the CIS Championships. Both the women and men placed 2nd at the OUA Championships.

Training facilities:

The University has provisions for track and field and cross country. The Donald J. Wright Track at T.D. Waterhouse Stadium has an 8 lane Mondo surface and provision for all field event groups. Indoor training is done at the Thompson Recreation and Athletic Centre. It has a 200m Mondo oval, an 8 lane Mondo straightaway and areas for all jumps and throws.

Performance enhancement:

At Western you will have immediate access to a team doctor and treatment on campus at the renowned Fowler Kennedy Sports Medicine Clinic. Athletic therapists, massage therapists and chiropractors are available to team members. Graduate students in sports psychology and nutrition are also available to athletes.

Club affiliations:

The London-Western Track and Field Club operates in unison with the university.

Competition schedule:

The University operates a full XC and Track and Field schedule. The track program has approximately 10 scheduled competitions.

Awards/scholarships:

The University offers academic, athletic and a combination of both athletic and academic awards. Last year our Track and Field Team members received \$91,605 in both Athletic and non-Athletic related monies from the university. For information on specific awards and bursaries please go to www.registrar.uwo.ca, www.studentservices.uwo.ca, or www.registrar.uwo.ca/financial_services/workstudy.cfm.

About Western:

The University of Western Ontario is one of the most beautiful universities in Canada. Western offers over 400 different specializations, majors, and minors at the undergraduate level. There are 12 faculties and more than 90 first year courses. Western is renowned for its extensive selection of courses and programs.



UNIVERSITY OF WINDSOR (Windsor, ON)



Name of Head Coach: Dennis Fairall
Head Coach Phone #: 519-253-3000 ext 2440
Head Coach E-mail: fairall@uwindsor.ca

Website: www.golancers.ca
Team Name: **Lancers**

Head coach biography:

The native of Tillsonburg, Ontario is one of the most decorated coaches in Canadian University history, having been honoured 30 times as the CIS or OUA Coach of the Year in Track and Field and Cross Country. In his 20 plus seasons with the Lancers, Fairall's teams have captured an amazing 21 Canadian University Cross Country and Track and Field Championships (16 track and field, 5 cross country), in addition to the 41 Ontario University championships (34 track and field, 7 cross country). His teams have also won 13 of the past 14 provincial championships in men's track and field, and 5 of the past 6 championships in women's track and field. In addition to his University of Windsor coaching duties, Fairall has extensive international coaching experience. He was the Head Coach of the 1985 and 1989 Canadian Maccabi Games entry in Israel as well as serving as Head Coach of Team Canada at the 1989 World University Games team in Duisburg, West Germany. He was also a member of the 1989, 1995, 1997 and 1999 World University Games Canadian coaching staffs. In 2005, Dennis served as the Head Coach of Team Canada at the Pan American Junior Athletics Championships held in Windsor. Under his direction, Team Canada earned their highest medal count in the history of the event.

Assistant coaches:

Brett Lumley (horizontal jumps), **Gary Malloy** (middle distance), **Don Garrod** (hurdles), **Marcia Milne** (sprints), **Jesse Dupuis** (sprints), **Dave McGuffin** (vertical jumps), **Kevin DiNardo** (Pole Vault), **Mike Miller** (Throws), **Nathan Lennie** (Throws).

Top athletes:

Sprints: **Noelle Montcalm** (4x200m relay, 4x400m relay); Mid-Distance: **Melissa Bishop, Mitch Tome**; Distance: **Adam Keller, Anthony Berkis, Matt Walters, Jen Corrick** (4x800m relay); Jumps: **Jaideene Lowe, Erika Reiser, Natoya Whittingham, Andrew Dandie, Anthony Dandie**; Throws: **Steffi Stephenson, Cole Bloxam**.

Training facilities:

Track and Field: St. Denis Centre Fieldhouse (indoor) and Alumni Field (outdoor);
Cross Country: Malden Park

Club affiliation:

Windsor Legion Track & Field Club

Performance enhancement:

The Green Shield Therapy Clinic offers a full line of service to all varsity athletes. The track and field program has excellent ancillary support including athletic therapy, chiropractic services, nutritional counselling, massage therapy and medical support.

Competition schedule:

Cross Country: September – November: Guelph Open, Western Invitational, Lakefront Invitational, Mustang Open, Disney XC Classic, Windsor Open, Falcon Invitational, OUA and CIS Championships

Track & Field: December – March: Blue & Gold Meet, Can Am Classic, Bob Eubanks Invitational, Millrose Games, Findlay Invitational, Meyo Invitational, York Team Challenge, Lancer Team Challenge, Silverston Invitational, OUA and CIS Championships

Awards/scholarships:

- Athletic Scholarships: \$3,500 for incoming athletes with a 80% average, or for continuing students provided you maintain a 70%.
- Entrance Awards: \$1,000
- Residence Awards: \$4,000
- Renewable Entrance Scholarships: \$4,000- \$16,000
- Renewable Outstanding Entrance Scholarships: \$12,000-\$16,000
- In-course Awards: \$250-\$ 5,000
- Work-study program: \$2,000

Last updated: Oct. 21, 2010



YORK UNIVERSITY

(Toronto, ON)



Name of Head Coach: Colin Inglis
Head Coach Phone #: 416-736-2100 ext 44669, 416-738-4209 (cell)
Head Coach E-mail: cinglis@yorku.ca

Website: www.yorkulions.ca
Team Name: **Lions**

Head coach biography:

Inglis has over 12 years experience as head coach of the York Cross Country and Track programs. A graduate of York's Kinesiology and Health Science Program, Inglis is a Level 3 Sprints/Hurdles and Jumps coach. He has been named OUA Coach of the year on 3 occasions

Assistant coaches:

York has a full compliment of coaches in all event areas with: **Colleen Dotson** (level 2 jumps), **Milt Ottey** (level 2 jumps), **Arye Rosenoer** (PV), **Paul Roberts** (Distance)

Top athletes:

Kristin Obrochta (WT – 18.07m), **Elizabeth Petrov** (SP – 14.60m), **Tyrone Halstead** (60m – 6.75), **Dontae Richards-Kwok** (300m – 33.80), **Ethan Henry** (800m – 1:53), **Luke Durward** (PV – 4.50m), **Umar Khan** (SP – 16.61m), **Darren Duncan** (TJ – 14.56m)

Team results:

Over the past 12 years, the programs have produced 90 OUA Conference All-Stars, 28 CIS All-Canadians, 13 meet record holders, and a national record holder.

Training facilities:

Training is done at the Toronto Track and Field Centre, located on the York campus. The facility has a separate 80m, 8 lane straight, and a 5 lane 200m banked oval. Field events have provisions for LJ, TJ, PV, HJ, SP and WT. The facility also has two weight rooms with Olympic platforms. We also have a separate varsity weight room for our athletes will team allotted time in the Tait McKenzie building.

Performance enhancement:

Medical and physiotherapy support is available in conjunction with the Kinesiology Program in the Gorman/Shore Injury Clinic. This includes access to a sports medical team, sports medicine specialists (orthopaedic surgeons, chiropractors, massage therapist and nutritionists) which provides our team with individual attention and excellent care.

Club affiliation:

The University is connected with the York University Track and Field Club – visit www.yorku.ca/yutc for more details.

Competition schedule:

York athletes compete in a full slate of competitions in the OUA conference, CIS National Championships and at annual provincial and national level meets, as well as with NAIA and NCAA competition. The full schedule can be seen on the team website.

Awards/scholarships:

Athletic awards in the amount of \$3500 are offered to top academic/athletic recruits. Sport Excellence Awards in the amount of \$3000 are offered to continuing students who achieve a B average and meet athletic performance criteria. Also, 3 Lions Track and Field Awards in the amount of \$500 are offered annually to members of the York team. Numerous academic scholarships are available visit www.yorku.ca/web/futurestudents/scholarships/.

About York:

The coaching staff is dedicated to producing student-athletes that excel both academically and athletically. Top athletes at York commit to year round training and many represent Canada at international events. York is well known as a leading university in the areas of Arts, Engineering and Business, the Physical Sciences and Kinesiology and Health Science in the Faculty of Health.

Last updated: Sept. 1st, 2010



