

# Pursuit

University of Toronto  
Kinesiology & Physical Education



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# DEAN'S MESSAGE

## Some things are worth waiting for

What a winter we've had. While it's been a terrific season for outdoor sports, most of us have had our fill of winter and can't wait to get our exercise on snow-free streets and fields.

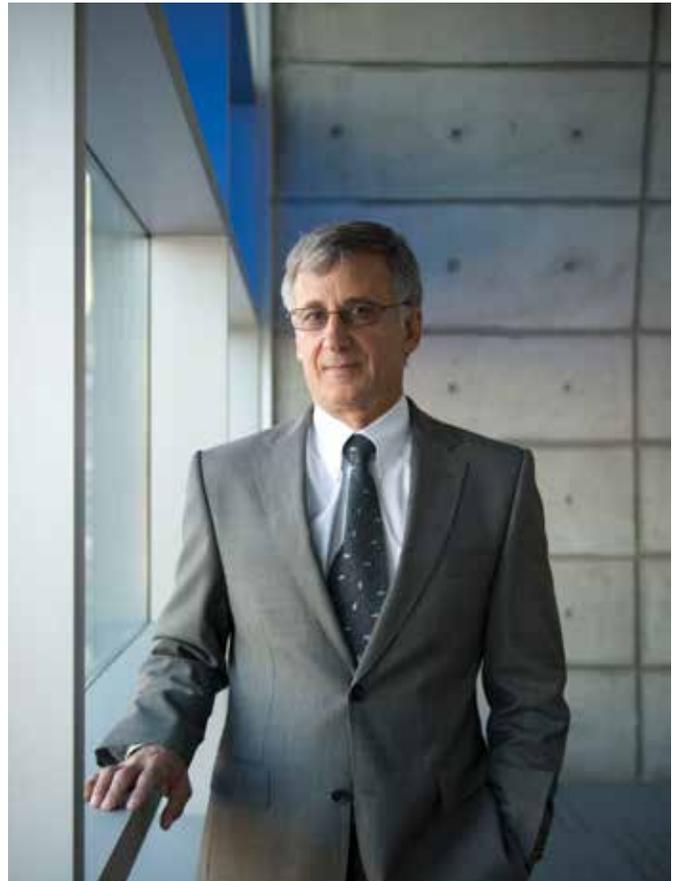
Patience!

Just like the warmer weather we know is just around the corner, some things are worth waiting for. Here at the Faculty, we're looking toward the coming months with excitement and anticipation. There is much to celebrate!

The Goldring Centre for High Performance Sport is getting closer to completion with every passing day. With tiles being installed and paint being applied, the interior is really beginning to take shape and we know the result will be fantastic (see page **9**). The pace of work on the two new back campus fields has also picked up since the snow melt. These two major additions to the U of T sports, exercise, and physical activity program spaces will provide inspiring new outdoor playing space, new workout spaces, new field house courts, a new sports medicine clinic and new research labs – keep your eyes open for the announcements about the fall opening events and look for opportunities to join in as a supporter, a participant and/or a spectator

Another highly-anticipated element of the Goldring Centre is the Iovate/MuscleTech Metabolism and Sports Science Lab. Under the leadership of Professor Dan Moore, the lab will focus on healthy ways to build, fuel, and replenish muscles (see page **28**). The new lab space will be equipped with state-of-the-art analytical equipment because of a recent prestigious scientific financial award that will facilitate the equipment purchase.

Another prestigious research infrastructure grant to Professors Guy Faulkner, Catherine Sabiston, and Kelly Arbour-Nicitopoulos will transform space in the Warren Stevens building into the brand new Mental Health and



Physical Activity Research Centre (MPARC)(see page **20**). The Centre will facilitate a synergistic combination of research and programs involving the intersection of mental health and physical activity.

The warmer weather also marks the arrival of our newest Faculty member, Dr. Simon Darnell (see page **3**). In his role as Assistant Professor specializing in sport for development, Dr. Darnell brings a unique blend of global citizenship and physical cultural scholarship to the Faculty and we look forward to welcoming him.

If all good things come to those who wait, we're in for a great season. Enjoy this issue of *Pursuit*. As always, we welcome your feedback!

**Ira Jacobs, Dean**  
Faculty of Kinesiology & Physical Education

## Changing the world through sport



Dr. Simon Darnell brings his expertise in international development and sport to the Faculty in July.

This summer, the Faculty of Kinesiology and Physical Education welcomes Dr. Simon Darnell, Assistant Professor, specializing in sport for development.

With an undergraduate and master's degree from the School of Human Kinetics at UBC, Darnell went on to earn his PhD at U of T in 2008. He was subsequently awarded a Social Sciences and Humanities Research Council of Canada (SSHRC) post-doctoral research fellowship in the Department of International Development Studies at Dalhousie University, where he was also an instructor.

Darnell is currently finishing his third year as a lecturer in the Sport, Exercise and Physical Activity Programme at Durham University in the United Kingdom, and is looking forward to returning to our campus.

“Moving back to Toronto is a bit of a homecoming for me,” said Darnell. “This is an exciting opportunity – it’s rare to see such an institutional commitment to this type of research. U of T has become a hub for studies on the relationship between sport and international development, and there is very important work being done here. I’m excited to be a part of that.”

Balancing a unique blend of global citizenship and physical culture, Darnell’s research includes topics such as the effects of major sporting events on communities, athletes as political activists and sport for development and peace.

Darnell will begin teaching in January of next year with an undergraduate course for students interested in his areas of study. –Sarah Ryeland 

# Hurdles to success

## dissecting race, education and sport



In the world of university sport, there can be challenges that shape the student-athlete experience for racialized players. For third-year kinesiology student and Blues volleyball player Nathaniel Virgo (above right), these subtle differences were felt even before he stepped on the court.

“I remember the first day I came to the University on an orientation tour,” said Virgo. “A girl walked up to me right away and asked if I was a recruit for the basketball team. Already, I was up against the assumption ‘you’re tall, you’re black, and you’re at the University of Toronto... why else would you be here?’”

Virgo was one of five panelists who gathered at Hart House on Jan. 22 to take part in “A Hurdle to Success: The Path for Pan Am/Parapan Am Legacy,” the first in a series of panel discussions that will explore the intersections between race, sports and post-secondary education.

“We know that sport is considered an important means of access to post-secondary education for racialized and indigenous youth,” said moderator Dr. Janelle Joseph (above left), a KPE alumna who is now a Banting postdoctoral research fellow at the University of Ontario Institute of Technology. “Through these discussions, we’re hoping to galvanize the Ministry of Education, government,

and policy-makers to move university sport in a direction that makes change for these student-athletes.”

Racialized students’ access to university sport was a recurring theme throughout the night. As panelist Jason Sealy, assistant coach with the Ryerson Rams basketball program, pointed out, a lack of finances, information and/or support is an issue that disproportionately affects racialized student-athletes.

“I look at these things as currency,” said Sealy. “In my experience as a coach, a lack of this currency negatively affects the chances of racialized students being recruited.”



Panelists and guests gathered at Hart House to discuss the relationship between race, sport and post-secondary education.

In a time where many universities recruit from athletic clubs instead of high schools, students from low-income neighbourhoods face a financial barrier to intercollegiate sport. For others, a lack of information shuts them out of university athletics as early as grade nine. Sealy, as well as Blues head football coach Greg Gary, agreed that too often, racialized youth are placed in applied secondary school programs that ultimately render them academically ineligible to apply for university.

“We have to make sure that young people know what it actually takes to make it to university,” said Gary, a former NFL linebacker who attended California State University, Fullerton, on an athletic scholarship. “We need to expose kids to the university community and look at this as a long-term investment.”

While access proves to be a barrier for many racialized students, others who make it through the recruitment process face obstacles once they join a team.

“Nobody knew I was Aboriginal until I was well-entrenched in the university sports system,” said Janice Forsyth, assistant professor and director of the International Centre for Olympic Studies at the University of Western Ontario. “When I let people know I was Aboriginal, things certainly changed. There’s racism – both overt and subtle that can exist among team members and staff.”

Gender barriers, as well as challenges balancing sport and academics, were also identified as issues racialized student-athletes encounter. The panel members agreed that a pre-emptive approach is the best way to find solutions to these challenges.

“Aspiring athletes, their parents, and their influencers need to have a clear idea of the pathways to university sport,” said Sealy. “This outreach needs to happen earlier than high school, so that the youth can create as many options for themselves as possible.”

And who better to reach out to an aspiring student-athlete than someone who is experiencing the world of university sport for themselves? Virgo believes that current student-athletes are the best ambassadors to inspire youth.

“When I was in elementary school, I didn’t listen to my parents or teachers... I listened to the older kids in the neighbourhood,” said Virgo. “We have to send our athletes to neighbourhoods and spend some time talking to kids. We have to let kids know that there is life beyond high school and teach them how to prepare.” **–Adrienne Harry** P



## Explaining the science of extreme human performance

When ultra-marathoner Ray Zahab took the final strides of his 7,500-kilometre journey across the blistering Sahara desert, his weary frame had whittled down from its pre-run 162 pounds to a meagre 119.

A collective gasp was heard throughout the crowd gathered at the Isabel Bader Theatre when Zahab shared this anecdote during his keynote address at the Faculty of Kinesiology and Physical Education's (KPE) Dec. 3 symposium, "Extreme Environments, Extraordinary Feats: How far can we push ourselves?"

Zahab was drained, dehydrated and mentally worn at the end of his run; the stories of strain that he shared at the event exemplified many of the scientific themes addressed before he took to the stage. KPE Professor Marius Locke started the night off by explaining how the body reacts on a cellular level to the stress of strenuous exercise in extreme heat, cold and other demanding environments.

Professor Judith Andersen from University of Toronto Mississauga shifted the conversation from the physical to the mental, explaining how the connection between mind and body can determine the degree to which stressors in extreme circumstances impact long-term health, in particular for those individuals forced into dangerous environments (e.g., soldiers).

Professor Ira Jacobs, dean of KPE, shared the results of some of the research he led while working for the Department of National Defence. His findings contributed to healthier and more effective missions in high altitudes and extreme heat and under zero-gravity conditions. One example he gave highlighted a group of soldiers who lost up to 10 per cent of their body weight during a mission, drawing a parallel between how the bodies of soldiers and the bodies of athletes like Zahab cope with severe dehydration.

Following Zahab's talk, the evening concluded with a panel discussion, led by KPE Professor Greg Wells, who

was the MC for the night. More than 250 event guests were invited to pose questions to the speakers; many were curious about connections between work in the field and real-life athletic and occupational applications. While each expert agreed that genetic predisposition and mental fortitude play a role in who excels under strenuous circumstances, they also emphasized that intense training and conditioning are vital in preparing the body to adapt to extreme physical challenges. Locke summed it up succinctly saying, "practice makes permanent."

"Those speakers were the ultimate combination," said Colin Henderson, a third-year kinesiology and physical education student, after hearing the panel discussion. "It was cool to see them bounce ideas off of each other like that."

Henderson took on his first marathon challenge through Zahab's impossible2possible program. For him, the symposium was an inspiring fusion of everyday lessons from the classroom and intensive in-the-field experiences.

Judith Chadwick, U of T's assistant vice-president of research services, was among the guests who attended the event, which was the Faculty's sixth in an ongoing series of public symposia.

"It was a fantastic night," said Chadwick. "It was a really interesting mixture of science and a more lay approach to the topic. It's so important to share research in venues like this. We, as universities, need to engage differently with our communities than we have historically. These symposia are a great example of how we can realize this goal."

—Valerie Iancovich 

Extreme athlete Ray Zahab captivated the audience at December's symposium.



## Gender imbalance in varsity sport

Over the past two years, Canada has taken a step backwards in terms of gender equity.

Professor Peter Donnelley's recent report complements his initial 2011 findings that analyzed women's involvement in varsity sport across Canada. Both found similar patterns of under-representation of women in all areas. Athlete participation data were analyzed based on both the number of opportunities and the gender split in the student body. Donnelly and his fellow researchers at the Centre for Sport Policy Studies (CSPS) found that although 56 per cent of post-secondary students are female, male athletes make up 57 per cent of varsity athletes (up one percentage since 2011).

Donnelly's research found some progress in leadership equity since 2011, when women made up only 17 per cent of athletic directors. Today, almost one in four university athletic directors are women. Yet, there are now seven fewer women head coaches, with their representation dropping from 19 per cent to 17 per cent. More men are now also coaching women's teams, up two per cent to 68 per cent.

"There are fewer female university coaches in Ontario now than when I first started coaching," said Kristine Drakich, Varsity Blues volleyball alumna and head coach since 1989. "When I started at U of T there were about eight female [volleyball] coaches in the Ontario league and in 2013-14 there are four. This has changed the conversation around the table at coaches meetings and also puts a lot of pressure on the women who are there to get involved at many different levels."

Professor Bruce Kidd, a long-time international advocate for equity in sport, was a co-investigator for the CSPS report, along with PhD candidate Mark Norman. "Canadian Universities should be setting the bar in terms of equity, not scrambling to keep up," said Norman. "Women deserve opportunities proportionate to their participation in university – and they also need to be better mentored and prepared to take on leadership roles down the road."

Drakich agreed. "We need to identify female leaders, including student-athletes and encourage them to explore coaching and create opportunities to enter the coaching profession as volunteers or staff through incentives and certification opportunities. We need to provide mentorship to help them grow, develop and succeed as the leaders of tomorrow." –VI 

# New camps strengthen communities



This summer, Camp U of T is offering two new programs to increase physical activity in under-represented groups. Both Camp U of T Positive Space and ParaSport camp are focused on providing children with inspiring role models and the opportunity to develop healthy habits from an early age.

“Camp U of T teaches children fundamental sports skills so they can be physically active throughout their lives,” says Jen Leake, Manager, Children and Youth. “But there is a much lower level of participation and fewer opportunities for para-athletes and kids from the LGBTQ community, so we wanted to create a place for them here.”

Camp U of T Positive Space is an inclusive environment with sensitive staff and well-trained volunteers. Younger children engage in a multisport program, while those aged 14-16 are enrolled in leadership camp to identify

barriers to physical activity, develop programs for the younger campers and build a strong, welcoming community. Positive Space is open to children who identify as LGBTQ, come from LGTBQ families, or are allies to the community. These camps are offered August 11-15.

ParaSport is a fun and active camp where children aged six to 16 take part in a wide array of sport-related activities. From seated volleyball and weight lifting to track and field and Boccia, campers with a variety of physical and developmental abilities, as well as able-bodied children, will develop new skills and learn from mentors and coaches. Volunteers with experience in ParaSport will help campers make the most of their active week and learn valuable life skills. These camps are offered July 21-25.

For more information about Camp U of T, visit [www.campuoft.ca](http://www.campuoft.ca) –SR 



## NIRSA nod for MoveU campaign

U of T’s MoveU campaign, aimed at inspiring undergraduate women to be more physically active, got top marks from the National Intramural-Recreational Sports Association (NIRSA), the largest North American organization for collegiate recreation professionals. MoveU took first place in the Integrated Marketing category for its innovative tri-campus initiative. Launched in the fall of 2012 in partnership with ParticipACTION, MoveU encourages students on all three campuses to engage in activities that will help them successfully transition to university life and maintain a positive student experience. 

The award will be made at NIRSA’s annual conference in Nashville, Tennessee, April 23-26.

# High-performance progress

Goldring on track for fall



The Goldring Centre for High Performance Sport is well on its way to completion and the Faculty is looking forward to taking possession of the building in early September. Framing for the building is now complete, with drywall being installed and paint applied to many of the finished rooms.

Ceramic tile is going up in the team change rooms and therapy pool area, and installation of the ceiling of the field house is well underway. Glazing of the large windows on the east side of the building, facing Varsity Stadium, is near completion and the turn table for the shared receiving area at the north end of the building will be delivered and installed by early spring. **-SR** 



## Matching survivors with ideal workout partners

Inspired by the idea of online dating, associate professor Catherine Sabiston is hoping to help cancer patients find their perfect exercise “match” post-treatment.

“One of the biggest barriers that women with cancer identify is lack of social support,” said Sabiston. “They say that if they just had someone to knock on their door and pull them out of the house, they’d exercise. It made me wonder how to match these women with other women so that they can get that social support and hopefully exercise more.”

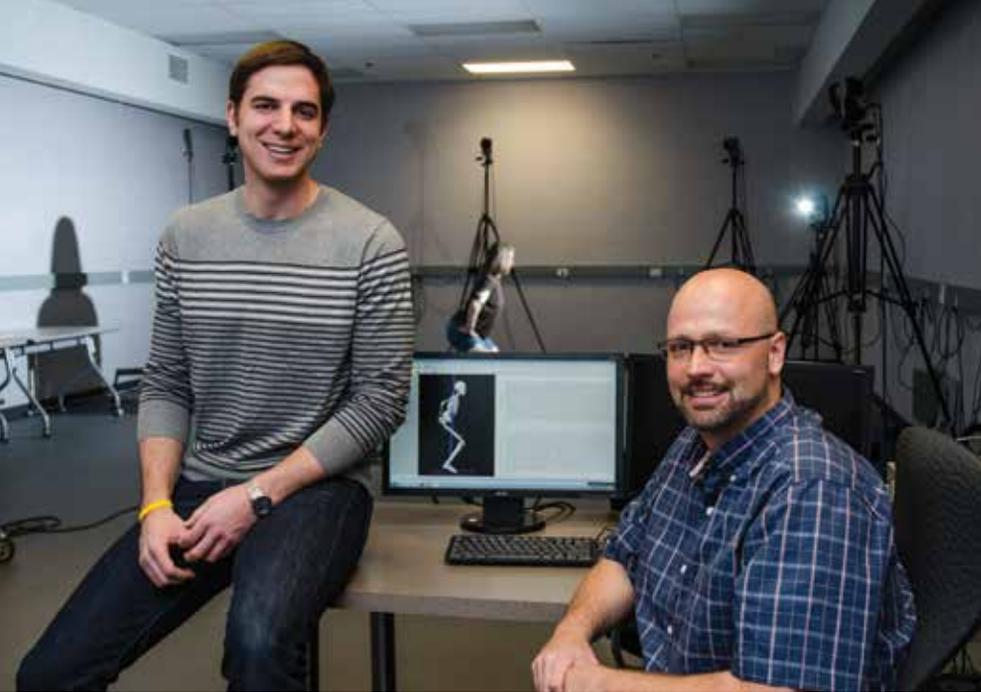
Sabiston met with computer engineers who had developed a popular online dating service and discovered that she could create a similar forum where cancer survivors can specify criteria and find an ideal workout partner. Tentatively called Connecting Peers in Motion, or CPM, the website idea received an innovation grant worth over \$191,000 from the Canadian Cancer Society.

Features of the website will be tailored to accommodate partnered exercise and include resources like a partner-matching tool, discussion forum and examples of exercises made for pairs.

“The social dimension of exercise has more of an impact than the physical dimension in terms of improving quality of life,” said Sabiston. “A quality match can not only impact one’s fitness level, but also improve their life from a social and emotional point of view.”

The study will look at women of various ages and with different types of cancer. Sabiston’s team will follow 50 pairs over a year, charting their progress to determine what effect social support has on physical activity.

Sabiston’s first step will be to create a website design based on feedback from focus groups. Once she has determined what participants would like to see in an online matching system, the CPM website will be built, tested and ready to launch later this spring. **-AH** 



## Injury prevention new moves to protect knees

As a former Varsity Blues basketball player, Drazen Glisic has experienced his share of knee injuries. Perhaps that's why, as a master's degree candidate at the Faculty of Kinesiology and Physical Education, he is so eager to home in on the causes of one common knee problem, patellar tendonopathy.

Patellar tendonopathy, also called jumper's knee, refers to pain in the anterior portion of the knee. It's a complaint that is very common among athletes in sports that involve a lot of jumping and running, such as basketball and volleyball. If it progresses untreated, it can lead to time away from the sport or to retirement, said Glisic, depending on the age of the athlete involved.

"It's a very common injury among university athletes, and a lot of athletes at the pro level have it as well," he said.

Glisic plans to examine the way athletes jump and how it is related to the demands put on the patellar tendon. He's hoping to identify a particular movement pattern that places a higher demand on the tendon, so that he and others can help athletes to learn to move in a way that won't stress their connective tissue. Working with his supervisor, Professor Tyson Beach, who is a specialist in biomechanics, Glisic will place reflective markers on the bodies of his subjects and ask them to jump from a platform to a force plate. The data he collects will allow him to calculate the patellar tendon stress for each person.

The reflective markers will react to infrared cameras, providing data that allow each person's stance to be modelled in three dimensions on a computer. Glisic will be able to examine the angles and velocity of each person's

motion at various key body points: trunk, hip, knee and ankle.

"I want to see if there is anything in the way they move that predicts the loads placed on the tendon," Glisic said.

He will be recruiting basketball and volleyball players – male and female – as subjects once their seasons end. He also wants to see if there is a difference between the loads men place on the tendon compared to women and whether it can be attributed to a difference in the way each one moves.

"I am really enjoying the research process," said Glisic. "I am continuously learning. Being with Tyson [Beach] and being exposed to his expertise, I've learned about training, movement, injury prevention and performance. It has opened my eyes to another aspect of exercise science."

Glisic hopes to graduate in November and obtain the necessary certifications to work as a trainer.

"My goal is to get more experience putting research into action in a practical setting," he said.

His master's degree work has made him aware of the importance of research and how vital it will be to stay informed about the latest findings and techniques once he is working with athletes.

"In our lab, we make sure there's a practical aspect behind everything we do," he said. "It has shown me how important it is to make our research matter to others. –Elaine Smith P

Drazen Glisic (left) and Professor Beach study "jumper's knee" and how to prevent injury.



## Research highlights

In the April 2013 to March 2014 grant year, the Faculty attracted over \$2,760,000 in research funding for a wide range of initiatives, including:

**Guy Faulkner, Catherine Sabiston, and Kelly Arbour-Nicitopoulos** have been awarded a CFI John R. Evans Leaders Fund infrastructure grant for their project entitled “MPARC: Mental Health and Physical Activity Research Centre”

**Caroline Fusco** has been awarded a sub-grant from CIHR for her project entitled “HPV vaccination discourses, practices and spaces: Impact on youth’s bodies and subjectivities”

**Gretchen Kerr and Ashley Stirling** have been awarded a research contract from the Coaching Association of Canada for their project entitled “Examining the relationship between previous experience and performance on the NCCP ‘Make Ethical Decisions’ online evaluation.”

**Dan Moore** has been awarded a CFI John R. Evans Leaders Fund infrastructure grant for his project entitled “High Performance Muscle Metabolism Suite”.

**Catherine Sabiston** has been awarded a Canadian Cancer Society Innovation Grant for her project entitled “Connecting peers in motion: A dyadic lifestyle activity intervention for women diagnosed with cancer”

**Ashley Stirling and Gretchen Kerr** have been awarded a research contract from the Higher Education Quality Council of Ontario for their project entitled, “What is an internship? Inventory and analysis of ‘internship’ opportunities available to Ontario postsecondary students”

Postdoctoral Fellow **Sarah Wells**, supervised by Greg Wells, has been awarded a postdoctoral scholarship from the Toronto Musculoskeletal Centre for her project entitled: “Exercise in children following allogeneic hematopoietic stem cell transplant: A pilot study”

# Lend us your brain!

The Rotman Research Institute at Baycrest is conducting brain research in former professional and non-professional hockey players. The goal of this research is to study aging, brain functioning, and behavior in former high level athletes.

### INCLUSION CRITERIA:

- Male university hockey alumni WITH OR WITHOUT a history of concussion between the ages 30-80.

### WHERE DOES THE STUDY TAKE PLACE?

- Rotman Research Institute at Baycrest Hospital (Bathurst near the 401), Toronto, Ontario

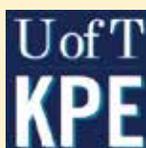
### WHAT’S INVOLVED?

- A standardized neurological exam by a certified neurologist
- Detailed brain imaging with magnetic resonance imaging (MRI) and electroencephalography (EEG)
- A cognitive test battery of memory, attention, motor, and spatial tests designed to comprehensively assess neurocognitive abilities
- The option for brain donation for scientific research

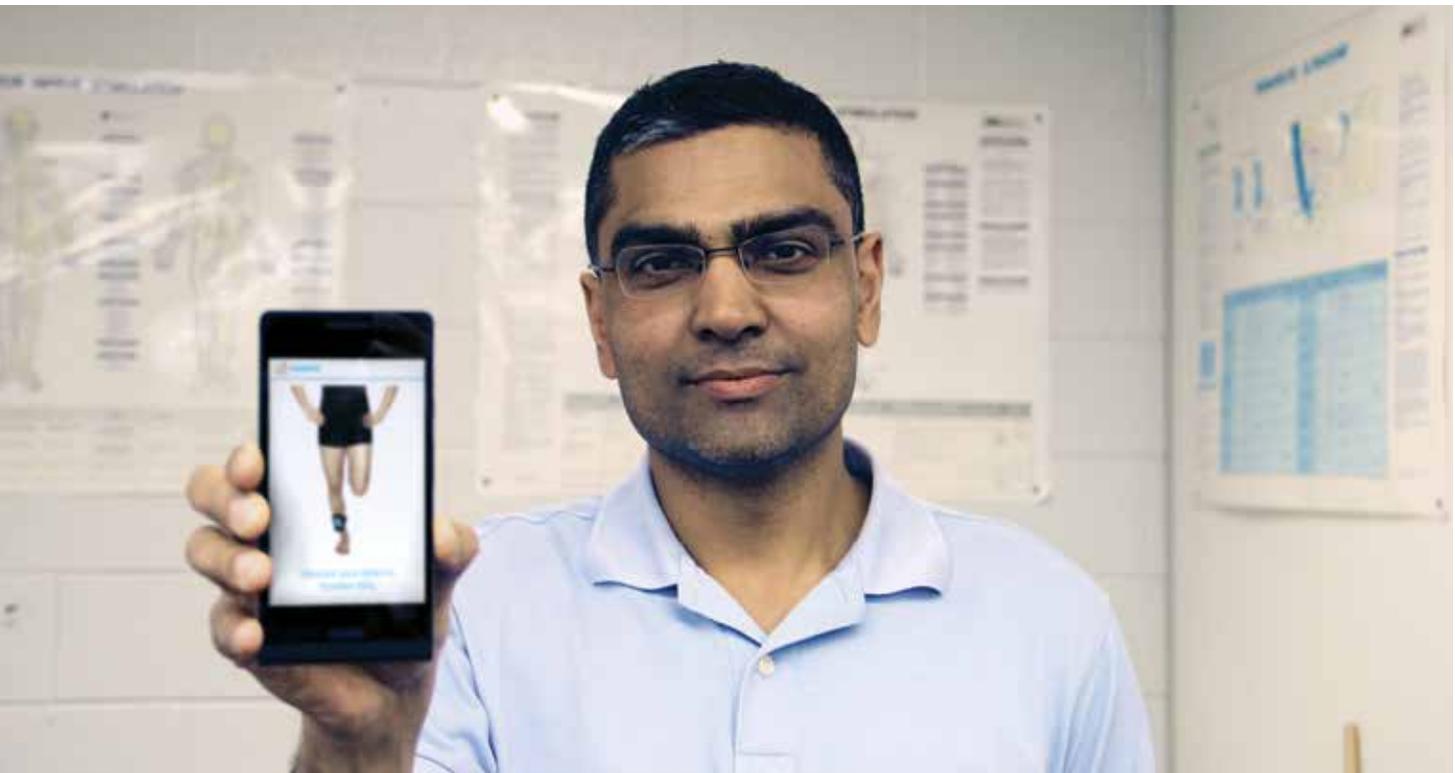
For more information about this research, please visit our website <http://research.baycrest.org/nhl-study>, or contact: Carrie Esopenko, Ph.D

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## Finding balance with a new mobile app

A new way to measure balance is right in your pocket.

Together with his colleagues, Nirtal Shah, a master's student and physiotherapist at the David L. MacIntosh Sport Medicine Clinic, has created the myAnkle application (app). Using a smartphone's accelerometer – the feature that detects when a user tips or turns a device – myAnkle is able to detect the stability of a user's leg by simply tucking a smartphone into a sock.

The app is the result of a course Shah enrolled in three years ago, offered by the Department of Electrical and Computer Engineering. Focused on mobile app creation, the course (ECE1778) paired master's students with computer-programming skills with those from non-programming disciplines. The goal was to create an app that would enhance the non-programming student's field of study.

Shah's focus was clear: create an easy way to track the rehabilitation of patients with lower-body injuries.

"I wanted to make health care accessible," said Shah, "to be able to pass on information in a normal, relatable way and let people measure their own progress."

The app is free and all users have the option of participating in valuable research. It's also a useful tool for clinicians who typically rely on visual assessments.

"Newer phones measure 100 times per second through the accelerometer," said Shah. "Using that measurement over 30 seconds gives a much better assessment of a client's balance than I can."

The app is quite an achievement for Shah, who thanks his colleagues for their dedication to the project. Engineers Ivan So and Lyndon Carvalho, Professor Jonathan Rose and his PhD student Braiden Brousseau, and undergraduate student Vivian Liu were instrumental in the creation of this tool.

To download the free app, visit the Google Play store. **–SR** 

Nirtal Shah's new mobile app measures balance with a smartphone's accelerometer.

# SPOTLIGHT ON: INTRAMURAL SPORTS



## Glory days celebrating intramural sports

To Chancellor Michael Wilson, intramural sports are more than just fun and games. They're an invaluable part of the university experience.

Wilson entered his first year at Trinity College in 1955. Having played football in high school, he was eager to continue playing the sport and was thrilled to become a member of the Trinity College Black Panthers, even if they didn't have the greatest track record.

The team had won the Mulock Cup – the top honour for intramural football at that time – about 25 years previously. Since then, they were struggling to make a comeback.

“Some people treat intramural sports as more fun rather than competition,” Wilson said. “I was much more inclined toward competition and we had a number of other people on our team who felt the same way.”

Armed with a positive outlook, a new coach and some very talented players, the Black Panthers grew stronger and stronger – eventually coming back to claim the Mulock Cup in 1957. It was a win that put pride into the hearts of football players and fans alike.

“Our successes brought a lot of the people out to the games,” said Wilson. “When we were out on the field we had a lot of support. It was an exciting time and some of those people

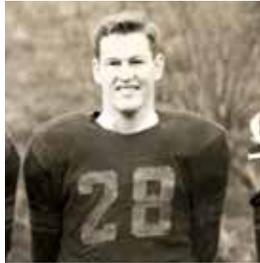
who I played with, they're still very good friends.”

The teammates formed a special bond that remains unbroken. When Coach Bill McMurtry was diagnosed with cancer five years ago, the team held a reunion to honour

their mentor and friend, with more than 20 people in attendance. McMurtry died just one year later.

For Wilson, the intramural experience was one that enriched his life in more ways than one. With an illustrious career in the financial industry, including the role of Minister of Finance in the Mulroney government and Chancellor of the University of Toronto, Wilson has remained active and credits much of his success to healthy living.

“Being physically fit helps you do your job mentally,” he said. “I would very much encourage students to participate in intramurals. It's a great way of getting exercise, and you'll play a sport with a group of people that you'll enjoy being with.” –SR 



**“Having that special experience brought us together as a very tight-knit group.”**



Left to right: Student athletes McKinnley Morris, Peter Nash and Angie Bellehumeur are advocates for inclusivity at U of T.

## Athlete Ally initiatives expand

In a continued effort to foster positive space for all students and athletes, University of Toronto athletes joined forces for the second annual Athlete Ally Week in February.

Inspired by the program's launch last year, Varsity student-athletes Angie Bellehumeur and McKinnley Morris worked to expand the program by encouraging more students to actively show their support.

"The event has really grown from last year," said Morris, a Varsity Blues rugby player and second-year peace and conflict studies student. "On top of handing out decals for athletes to wear, we wanted them to truly understand and respect what they signed up for. We wanted to explain the program, put people in touch with equity and diversity groups and show that there is no division in sport or our communities."

New Athlete Ally initiatives this year included a poster exhibit that was unveiled at an Athlete Ally launch in the Athletic Centre's Benson student lounge on Feb. 1, a "You Can Play" anti-discrimination video, and an Athlete Ally section on the Varsity Blues website.

"Providing a safe, positive and welcoming space for all of our athletes is very important to the Blues program," said Beth Ali, director of intercollegiate and high performance sport. "Initiatives like Athlete Ally week and the "You Can Play" video empower the Varsity Blues community to speak out against homophobia in sport."

Morris is happy to spread the Athlete Ally message across the campus community.

"If you can play, you can play – and shouldn't feel threatened in the Varsity community," said Morris. "Our goal with the poster campaign was to put a face to the program and really get our message out there."

Intramural volleyball player and fourth-year music student Peter Nash believes that sport is the best tool to spread this message across campus.

"Sport reaches out to a lot of people," said Nash. "It's everywhere in the world. Athlete Ally Week is especially important in intramural sport because it's supposed to be open to every single student. If there are people who feel threatened because of who they are, we want to fight that and bring them out to play!"

Visit [varsityblues.ca/athleteally](https://varsityblues.ca/athleteally) to watch the "You Can Play" video and learn more about Athlete Ally initiatives. –AH 

## Bench boss honoured

Women's volleyball head coach Kristine Drakich was the recipient of the 2013-14 CAAWS Marion Lay "Herstorical" Breakthrough Award, which was presented by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) at the University of Toronto President's Reception for Varsity Athletes in March. Honouring gender equity advocate and one of the founding members of CAAWS, Marion Lay, the award is given to an individual, group or organization whose distinct contribution exceeds 10 years and has influenced and/or broken down barriers to equal participation for girls and women in sport.

Beginning her career with the Blues as one of the volleyball program's most accomplished athletes, Drakich went on to become head coach of the women's volleyball team and is now celebrating her 25th anniversary as bench boss.

"Kristine continues to be a tremendous asset to the Varsity Blues



Kristine Drakich is being celebrated for breaking down barriers to women in sport.

program," said Beth Ali, director of intercollegiate and high performance sport. "She has made valuable contributions to women's sport both as an accomplished athlete and coach."

Drakich's coaching career evolved to include being a senior athletic instructor in the Faculty of Kinesiology and Physical Education at the University of Toronto. She has delivered numerous workshops that have reached hundreds of women on issues that include body image in sport, female athletes and coaches, and gender equity. She has also

served on many committees and task forces, including the Gender Equity Task force. A leader in the development of an anti-harassment policy with an emphasis on reducing homophobia in sport, Drakich also served as President of the Ontario Volleyball Association.

"While Kristine's professional achievements are exceptional, it is her personal passion and behind the scenes work that has helped so many women excel," says Moira Lassen, CAAWS Chair. **—Andrea Grantham** 



## Nationwide accolades swimming

For the second year in a row, the men's swimming team claimed the national title, defending their CIS banner at the 2014 Speedo CIS swimming championships. Hosting the championship at Varsity Pool, the team finished with 690 points, shutting out west coast rivals the UBC Thunderbirds for another year. The win marks the team's eighteenth banner in program history—a CIS best in men's swimming. Head coach Byron MacDonald was once again named CIS coach of the year for helping the men's team to gold for another season. **—AH** 

## Blues best in province



NATALIA LONDONO

### TENNIS

Earning its first provincial championship since 2007, the women's tennis team won all three Doubles and four singles gold medals before earning the team title at the 2013 OUA championship in October.

"This is the most dominant team I have ever seen," said women's tennis head coach Nabil Tadros as he congratulated his team. "Remember this team. Ten years from now, they'll be in the sports hall of fame!"

### GOLF

The women's golf team successfully defended its title at the 2013 OUA golf championship, held in October at Cambridge Golf Club. This win marks the third time in five years that the women's golf team has won the banner.

### WATER POLO

The women's water polo team claimed gold at the 2013 OUA water polo championship in November. Stephanie Watson was named the OUA championship's most valuable player and Breanna Gadzosa earned the honour of most valuable goalie. Coach George Gross Jr. was named OUA coach of the year, while the team as a whole was recognized as the OUA team of the month for November.

### SQUASH

In February, the women's squash team earned its first provincial title since 2005 and their ninth in program history. Natalia Londono was named OUA rookie of the year and earned OUA all-star status for placing second in the number one flight, while Evelyn Moorhouse was also named an OUA all-star for her first-place finish in the number two flight.

### CURLING

Also in February, the Blues men's curling team won its first OUA banner since 2001 at Guelph Curling Club. The win marks the fourth provincial title in program history. Third-year skip Evan Lilly, who contributed four points to the Blues' 6-1 lead against Laurier, was named OUA men's first team all-star, while head coach Scott Jenkins was named OUA women's team coach of the year.

### SWIMMING

Blues men's and women's swimming teams swept the board in St. Catharines at the 2014 OUA championships in February. The men earned their 11<sup>th</sup> consecutive banner, while the women reclaimed the provincial title for the first time since 2008, finishing ahead of five-time defending champions, the Western Mustangs. The win marks the 25<sup>th</sup> provincial

title in women's swimming history—an OUA best.

"Winning is never easy and it's taken the women six years to get back on top of the OUA," said head coach Bryon MacDonald. "I am pleased that the women have a banner to boast."

Standouts Zack Chetrat and Vanessa Treasure were honoured as the 2014 male and female swimmers of the year. Chetrat was awarded a Major Grand Slam after winning his fifth OUA 200 butterfly title during the championship, while Treasure earned the Dr. Jenő Tihanyi award for individual medley excellence and also won the women's 200 breaststroke event.

Other individual honours included first-year Hochan Ryu, who was named OUA male rookie of the year, and MacDonald, who was named both men's and women's OUA coach of the year. —AH 

# Record year

Blues athletes Paul de Pass, Kevin Bradfield and Alex Hill etched their names into U of T's record books this past season.

Fifth-year football receiver de Pass ended his career with the Blues on a high note, topping two-time CIS all-Canadian Mark Magee's career receiving yards team record. Magee's 2,385-yard record, which was set between 1977 and 1981, was broken by de Pass this season, whose final tally was 2,490 yards. Since finishing his career with the Blues, de Pass has signed with the Canadian Football League's Ottawa Redblacks and will kick off the 2014 preseason in June.

Third-year football returner Kevin Bradfield surpassed Glenn McCausland's 1990-94 career punt return yardage this season. McCausland's record of 1,135 was topped by Bradfield, whose career total sits at 1,138. Bradfield also surpassed



PAUL DE PASS

Roger Lippert's 1983 records for most punt returns (49 for Lippert, 59 for Bradfield) and punt return yardage (539 and 734 yards, respectively).

For their record-breaking performances, both Bradfield and de Pass were named CIS first team all-Canadians.

Fifth-year men's basketball player Alex Hill also ended his Blues career with a record finish. The guard scored a team-high 26 points in the men's final game of the season against the York Lions. Hill leaves the court as U of T's all-time point leader with a record 1,619 points over the course of his career. —AH P

## Celebrating standouts

Hundreds of athletes came together to celebrate another great year for the Blues at the annual athletic banquet on March 29. Athletes recognized for their standout performances include:



ATHLETE OF THE YEAR  
**Zack Chetrat**  
SWIMMING



ROOKIE OF THE YEAR  
**Tessa Davis**  
WOMEN'S VOLLEYBALL



ATHLETE OF THE YEAR  
**Nicole Kesteris**  
WOMEN'S HOCKEY



CLARA BENSON AWARD  
**Malena Rapaport**  
WOMEN'S VOLLEYBALL



ROOKIE OF THE YEAR  
**Danny Sprukulis**  
FOOTBALL



GEORGE M. BIGGS AWARD  
**Townsend Benard**  
TRACK & FIELD

# FIT TIPS



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# Work hard, play hard

Sometimes, the most productive thing you can do in your workday is take a break. Now in its second year, the PEKin PAC (Physical Education Kinesiology Physical Activity Class) program is a weekly lunchtime initiative aimed at connecting faculty and staff through physical activity. Associate Professor Tim Welsh tells Adrienne Harry the importance of playing as hard as you work.

## TELL US ABOUT THE PEKin PAC PROGRAM.

The program is based on the principle of trying to mix fun with physical activity. We try to do it in a relaxed and safe environment. Based on those ideals, we vary the activities and sports that we play every week. As the weeks continue, people end up experiencing new games they've never played before or just putting themselves in different situations. We keep it light, informal and hopefully, pretty fun.

## WHAT INSPIRED YOU TO START THE PROGRAM?

One reason I started the program was to gain an extra element of social interaction across the Faculty. In my previous job at the University of Calgary, we used to have a weekly soccer event. Some people showed up when they could and there were a few regulars who came to play. We also had some similar programs when I was doing master's work at McMaster where we would try to interact through different sports. Those programs inspired me to do something similar here and provide an avenue for people to be active.

## WHAT ACTIVITIES ARE OFFERED AT PAC EVENTS?

Usually, I'll pick the activity and not let people know what it is until they show up. We bring a few basketballs and warm up with a game until everybody arrives.

We've done everything from playground games like tag, to more formal sports, to mash-up sports that we invent ourselves. One of the favourites from last year was "soccer-dodge-cricket-ball", which is a mash-up between soccer, dodgeball, cricket and softball. We've also played Quidditch! Switching activities up from week to week encourages more people to come out and participate.

## HOW DOES THE PROGRAM BENEFIT ITS PARTICIPANTS?

I find it's motivating for people to become involved in physical activity because it adds that extra dimension of fun to their day. It's also a great way to get to know people across all areas of the Faculty.

## WHO CAN PARTICIPATE IN THE PROGRAM?

Anybody in the Faculty can participate —people just come and go. Everybody has different schedules and those schedules change. For that reason, we try to keep the program informal. It's not something you have to sign up for, but it's something that we hope people put in their schedule so that they can join in on a regular basis.

## WHAT ARE THE BENEFITS OF INCORPORATING PHYSICAL ACTIVITY IN YOUR WORKDAY?

It does a number of things. It adds a break to the day where you can reenergize and reinvigorate yourself. In terms of the social interaction, you get to connect with other people in the Faculty that you may not have known. This makes for a nicer walk down the halls—you recognize faces and can share experiences. The program is about relaxation and fun, and it's also networking opportunity.

**The PEKin PAC program runs Wednesdays from 12:30 to 2 p.m. in the Athletic Centre field house. **



# HEALING POWER

**ACTIVITY AS ANTI-DEPRESSANT**

BY ELAINE SMITH  
ILLUSTRATION BY LUKE PAUW



**Mark Duncan first took an interest in psychology and neuroses in high school, intrigued by how the brain sends messages to the body. However it wasn't until his undergraduate days at the University of Toronto, after he injured his back while skiing, that he realized how closely exercise was linked to mental health.**

"Skiing was my outlet for activity," said Duncan, now a master's degree student in exercise science. "I belonged to the U of T Ski and Snow Club, and I would hop on the bus on weekends to go up to Blue Mountain to get away."

A back injury during a ski vacation made for an uncomfortable journey home. The following day, Duncan was unable to get out of bed. Eventually, he saw a physiotherapist and began an exercise regimen.

"Prior to starting an exercise program, I felt down and not able to focus," said Duncan. "I don't think I would have met the diagnosis criteria for clinical depression, but I certainly felt sadness."

Duncan isn't the only university student who has struggled with stress or depression. They are both issues that have received increased attention on Canadian university campuses in the past few years. Students feel the pressure to perform and a large number are far from the friends and family who are usually there to offer them support.



**S**tatistics from the Canadian Mental Health Association (CMHA) help tell the tale. Approximately five per cent of male youth and 12 per cent of female youth, ages 12 to 19, have experienced a major depressive episode, while it is estimated that 10 to 20 per cent of Canadian youth are affected by a mental illness or disorder – the single most disabling group of disorders worldwide. Suicide is among the leading causes of death in 15 to 24-year old Canadians, second only to accidents.

Unfortunately, there are often long wait times for mental health treatments. The University of Toronto has a Counselling and Psychological Services office for its students, but it, too, can be overwhelmed by demand.

Luckily, progress is being made – particularly by Professors Guy Faulkner, Catherine Sabiston and Kelly Arbour-Nicitopoulos from the Faculty of Kinesiology & Physical Education. This unique group of professors is in the process of establishing the Mental Health and Physical Activity Centre (MPARC) at U of T. Thanks largely in part to a \$500,000 grant from the Canadian Foundation for Innovation (CFI), MPARC will take shape as a new research centre that will allow these faculty members to study the effects of exercise on mental health in various population groups.

“One in five Canadian adults will experience a mental illness during a one-year period, and rates are at least triple among clinical populations such as individuals diagnosed with a chronic disease,” Faulkner wrote in the CFI proposal. “One of the most effective non-pharmacological interventions for mental illness is engagement in physical activity.”

In what he calls a “defining first project of the facility,” Faulkner hopes to create and implement strategies that can be used by U of T students to increase a sense of wellbeing. He will be reaching out to the university’s Counselling and Psychological Services office, offering valuable research to aid their work in reducing student stress and depression.

With the development of a university-wide mental health strategy underway, U of T students like Duncan are encouraged to exercise at the athletic facilities on all three campuses as one outlet for stress reduction. The university has also implemented MoveU, a tri-campus physical activity engagement strategy that combines messaging about the benefits of activity with a peer-to-peer network and programs to encourage students to try a range of activities and movement options. For example, MoveU offers 15-20 minute Brain Breaks at the library during exam periods and five-minute MoveU Moments in classroom settings, as well as regular skating nights at Varsity Arena.

## Thanks to a \$500,000 grant

from the Canadian Foundation for Innovation, the Faculty of Kinesiology and Physical Education will boast a new research centre where faculty members will study the effects of exercise on mental health.

“We look at ways to create opportunities for students to be happy, healthy and well,” said Michelle Brownrigg, Director of Physical Activity and Equity at the Faculty of Kinesiology and Physical Education. “MoveU’s essence is to use physical activity as a means of positive mental health, academic success, community building and forging links to creativity.”

As successful as these options may be, they are not formal programs to stave off depression, and that’s where Faulkner hopes MPARC’s research can assist.

“One focus for me is depression,” Faulkner said. “One of the distressing aspects of mental health care is wait time. Given the evidence that exercise can be an anti-depressant, can we get students to come in and exercise and look at what type of short-term benefits they see?”

“Here is a facility where we can provide safe care. It’s a very exciting project I’d like to pursue.”

Working with the university’s counselling service, Faulkner said it would be necessary to establish a referral process to see if students like Duncan would come, given the lessening of energy and motivation that accompanies depression.

“Physical activity is a win-win,” said Faulkner. “It’s a cycle. People are more likely to be physically active when they have good mental health, and they’re more likely to have good mental health when they’re more physically active.”

“It just makes sense to help out, because part of the work universities do is to ensure adequate care and support for students.”

Other at-risk groups will also reap benefits when the centre is up and running.

“Our focus is on developing interventions to promote physical activity,” said Faulkner, “with the main outcome being mental health.”

For a number of years, Faulkner has been involved in exercise research among people with schizophrenia; he is currently part of a research program funded by the Canadian Institutes for Health Research. People with schizophrenia are very susceptible to heart disease, are generally less active than the general population and tend to die 25 years younger.





## “Physical activity is a win-win,”

said Faulkner. “It’s a cycle. People are more likely to be physically active when they have good mental health, and they’re more likely to have good mental health when they’re more physically active.”

“I’ve explored how to develop interventions for that population, while addressing a whole host of their cognitive and motivational challenges,” he said. “There have been mobile apps and web-based techniques developed to help them, but now we will have the facilities to develop more structured programs.”

The creation of MPARC also offers another enormous benefit, both to the researchers and the university. It will enable Faulkner and his colleagues to broaden the scope of their research, working on much larger projects. He expects invitations from partners both locally and globally to participate in multi-site trials, and there will be opportunities for him and his colleagues to initiate large-scale studies of their own. Previously, KPE didn’t have the requisite capacity.

“A fabulous exercise treatment facility is what attracts people, so we wouldn’t be able to do this without CFI involvement,” Faulkner said.

Faulkner noted that multi-site trials are becoming much more common in exercise psychology because they offer the opportunity to study large groups of subjects. With MPARC in the works, he and Sabiston were recently able to apply to become a research site for a large study that will evaluate men going through prostate cancer treatment, looking at sedentary behaviour and exercise.

“It would be very exciting to be involved at the cutting edge of a large intervention that is going on globally,” said Faulkner.

The facility’s seven suites will comprise two cardiovascular and strength-training suites, as well as suites for baseline and primary end point cardio-respiratory and muscular fitness data collection; biochemical indices; counselling, interviews and focus groups; psychological indices and web-based applications; and data analysis.

“People have wondered why a facility like this doesn’t exist in Toronto,” Sabiston said. “We put together a dream list of equipment, and now we’ll have a testing suite that will allow us to do the types of tests that have been missing from our research studies.

“It’s important to have the same equipment that other labs have so we can compare results. With this infrastructure, large studies will come our way.”

Arbour-Nicitopoulos believes the new centre will also be a draw for students interested in research.

“There will be volunteer opportunities for undergraduates, and they will get to do placements, too,” she said.

“The skill set they will develop during directed research projects will be just incredible.

“As for graduate students, they’ll really be able to do some interesting studies and make contributions to their areas of study,” she said. “I’m excited that the students will be exposed to different types of studies and techniques. It will make them even more marketable and let them see all the opportunities that are out there for them nationally and internationally.”

Duncan, the master’s degree student, is early proof of the centre’s powers of attraction. His thesis research focuses on schizophrenia and exercise, and the MPARC is one of major factors in his decision to remain at U of T to pursue his PhD.

“It’s a dream come true for me as a trainee,” Duncan said. “I’m coming into something I’m already excited about and to know I’ll have access to the range of equipment in the new facility is fabulous.”

Faulkner noted that the equipment may be more sophisticated and the studies larger in scope, but the focus will continue to be on developing interventions to promote physical activity.

“At the end of the day, we’re still fixated with the challenge of how to get people moving,” he said. P



## STRESSED STUDIES:

The American College Health Association surveyed a sample of 32 Canadian universities, looking at mental and physical health among students at both large and small institutions. Their findings, based on about 34,000 respondents, indicate that within the 12 months preceding the survey;

**89.3%** of students felt overwhelmed by all they had to do

**53.8%** felt things were hopeless

**56.5%** felt overwhelming anxiety

**86.9%** felt physically exhausted, but not due to activity



# LIVING FOR PLAY

BY SARAH RYELAND

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As children, we immerse ourselves in play. We are totally liberated with our feet flying, carrying us from one adventure to the next. But as we get older, many of us forget just how joyful the act of movement – of play – can be.

For Marie-T. Charpentier however, it's never been far from mind.

Charpentier (BPHE 9T2) loved her student experience. So much, in fact, that after graduating from the school of Physical Education and Health, she spent 16 years working on campus, 10 years of which were in the Office of the President. Throughout her time at U of T, Charpentier tackled roles in government relations and business management and almost everything in between.

As much as she enjoyed her work at the university, Charpentier began longing to return to what she truly loved: human movement and physical fitness.

"It all kept coming back to going outside to play," she said. "It was time to get back to my passion."

And with that, Charpentier decided to make her love of play a full-time job. Enrolling in the Fitness and Lifestyle Management program at George Brown College, she prepared herself for a brand new experience – one that taught her more lessons than she bargained for.

"It was humbling, going back to school with kids half my age," she said. "But everyone was very welcoming and I soon realized that we all had something to bring to the table. They appreciated my maturity and ability to help them navigate through the school experience, and I learned a lot from my classmates, too."

Charpentier was eager to train in a clinical setting, so when it came time to select a placement she chose a cardiac rehabilitation facility, which allowed her to work as a teaching assistant for management classes and cardio labs after graduation.

But it was a twist of fate that led her to where she is today. "I was helping out my aunt and uncle at their stall in the St. Lawrence Market one day and I just happened to be wearing my kinesiology t-shirt," she said. "One of our regular customers worked at North York General Hospital and noticed the shirt – she told me that her colleague was looking for a kinesiologist. She took my number, passed it on and the rest is history."

Shortly thereafter, Charpentier joined the team at Striowski & Associates Physiotherapy and has been there ever since.

Armed with a degree in Physical and Health Education, an Ontario Advanced Diploma in Fitness and Lifestyle Management and certifications in Fitness Leadership (Ontario Fitness Council - OFC) and Personal Training (Canadian Society for Exercise Physiologists - CSEP). Charpentier spends her days helping others stay active and loves every minute of it.

"Right now is an extremely exciting time to be a kinesiologist," she said. "It's like we're seeing a new breed of health care practitioners. With an ever-growing body of evidence that undeniably states that exercise is medicine, it's shedding light on what physical educators have known all along – that physical activity and human movement is beautiful and joyful and contributes immensely to your overall health."

So, what advice does Charpentier give to her clients? It's pretty simple:

"The more you move the better you'll feel. The better you'll heal. The better your life will be."

In other words, get out and play. P



# ENDLESS POSSIBILITIES

Taking research to new heights

BY ALTHEA BLACKBURN EVANS



**Paul Gardiner, CEO of Iovate Health Sciences International**

**Earlier this year the Faculty received significant support from Iovate Health Sciences International**, elevating the calibre of sport nutrition research at University of Toronto to an unprecedented level. Representing up to \$2 million in funding over the next six years, the gift is one of the largest private sector contributions to sport nutrition research at a Canadian academic institution.

The Iovate/MuscleTech Metabolism and Sports Science Lab will be housed in the Goldring Centre for High Performance Sport, slated to open this year. Iovate funding will support the lab's research, which will break new ground in discovering healthy ways to fuel and replenish muscles taxed by exercise.

"Iovate is committed to advancing nutritional sciences that enhance performance and quality of life," said Iovate CEO Paul Gardiner. "We are thrilled to be partnering with one of the world's great research universities in supporting innovative research and knowledge generation that is such an integral component of Iovate's mission and vision."

The Iovate/MuscleTech Metabolism and Sports Science Lab will be led by Professor Dan Moore, an expert in the study of the body's use of protein and other nutrients to fuel and recover from exercise. The lab's novel technologies, and the skills the recently-recruited Moore brings to the table, promise to attract top graduate students and create further collaboration with other leaders in the field.

The lab will feature state-of-the-art mass spectrometers, allowing researchers to analyze blood and muscle samples and understand exactly how muscle responds to specific exercise and nutrition.

Professor Ira Jacobs, dean of the Faculty of Kinesiology and Physical Education, says that the partnership with Iovate will help U of T take the lead in determining optimal nutritional strategies for human performance, health and function – for novice fitness enthusiasts and elite athletes alike.

"This is a very exciting time for exercise and sport science research here at U of T, and beyond," said Jacobs. "This gift represents Iovate's vision and leadership and sets the tone for the kinds of collaborations and investments that will help us to achieve the full potential of the Goldring Centre for High Performance Sport."

Moore also recently received funding from the Canada Foundation for Innovation to bolster his research in this area (see page 11). P

# DONOR LISTING



## CELEBRATING OUR SUPPORTERS

The Faculty of Kinesiology and Physical Education is fortunate to have a growing number of dedicated and passionate alumni and friends among its supporters. Each year these individuals, foundations and corporations contribute to both academic and athletic programs, enabling us to reach new heights in fostering successful students and student-athletes, conducting cutting-edge research and helping carry out our multi-faceted mission.

Together, our alumni and friends have contributed \$1,986,220\* over the past year to support exciting capital projects such as the Goldring Centre for High Performance Sport and valuable academic and athletic scholarships.

Thanks to the commitment of a range of donors, we are pleased to have gained four new athletic awards this year that will go directly to our hard-working Varsity Blues student-athletes. Three football awards have been established in honour of some

of our most illustrious coaches – Dalt White, Ron Murphy, and Bob Laycoe – and we are thrilled to have established the Spero Bassil Track and Field Excellence Award in honour of a long-time friend of the program. In academics, generous donors have set up the Warren Goldring Fellowship for graduate students and the Wenda Kwong Admissions Scholarships for the recruitment of top undergraduates.

We are grateful for this commitment to strengthening our capacity to be leaders in education, research and athletics. Where we are – and where we are heading – is made possible in large part by the donors who continue to support us and to champion our programs, our promising students and student-athletes.

\*Number based on Feb 1, 2013 to Jan 31, 2014



## Individuals

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 Hailey Henriques  
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 Peter A. Adamson  
 Susan M. Addario  
 David Ager  
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 Zufelt-Baxter  
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# SPRING REUNION 2014



# GO BACK TO SCHOOL FOR THE WEEKEND

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## May 28 to June 1

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**The University of Toronto's Spring Reunion is just around the corner!**

Spring Reunion is in the air! Join us on campus from May 28 to June 1 to enjoy university-wide signature events. Visit [www.springreunion.utoronto.ca](http://www.springreunion.utoronto.ca) for more details. Honoured classes are graduation years ending in 4 or 9.

Please visit [www.springreunion.utoronto.ca](http://www.springreunion.utoronto.ca) to view all of the events and to RSVP.

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Wondering if your class is getting together? See below for a list of PHE/KPE reunions that are in the works. Contact the class rep indicated or Rachel Keeling at [rachel.keeling@utoronto.ca](mailto:rachel.keeling@utoronto.ca) for more information. If you are planning a reunion event and would like help promoting it, please contact Rachel.

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#### 4T9 – 65th Reunion

Contact: Gerry Lachance at [gerry.lachance@rogers.com](mailto:gerry.lachance@rogers.com)

#### 5T4 – 60th Reunion

Contact: Anne Lowden at [a2lowden@gmail.com](mailto:a2lowden@gmail.com) or Gail George at [tggeorge@sympatico.ca](mailto:tggeorge@sympatico.ca)

#### 5T9 – 55th Reunion

Contact: Morgan Dever at [jmorgan-dever@gmail.com](mailto:jmorgan-dever@gmail.com)

#### 6T4 – 50th Reunion

Contact: Diana (Flynn) Ranken at [diana.ranken@sympatico.ca](mailto:diana.ranken@sympatico.ca)

#### 6T9 – 45th Reunion

Contact: Larry Bobbett at [cdntriguy@gmail.com](mailto:cdntriguy@gmail.com)

#### 8T4 – 30th Reunion

Contact: Paula Vainio-Paunic at [paunicph@yahoo.com](mailto:paunicph@yahoo.com) or Margaret McNeill at [margaret.macneill@utoronto.ca](mailto:margaret.macneill@utoronto.ca)

#### 0T4 – 10th Reunion

Contact: Zareh Demirdji at [zdemirdji@ymcaacademy.org](mailto:zdemirdji@ymcaacademy.org)

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# ALUMNI UPDATES

## GETTING TOGETHER



## Career Café alumni give back through mentorship

On March 6, alumni and current undergraduate students came together at the Varsity Centre for a night of mentorship and networking at the annual Career Café. The event saw 14 alumni share their professional knowledge with a room full of eager undergraduates looking for inspiration as they near the end of their degrees. The group of mentors represented a range of fields open to graduates,

including education, health care, kinesiology, finance, marketing, fundraising and sports administration. Questions and conversation filled the air as students and alumni mingled to discuss career possibilities and forge valuable professional connections. TD Insurance generously sponsored the event through the University's Pillar Sponsorship Program. **–Rachel Keeling** 



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## Athletic awards put new spin on tradition



On Dec. 2, more than 120 student-athletes were recognized for their outstanding academic and athletic achievements at the Varsity Blues Achievement Awards. Swimmer Frank Despond and field hockey mid-fielder Amanda Woodcroft each took home three awards, while volleyball player Denise Wooding received the Friend of Blues Women's Volleyball award. Three Blues teams were informally recognized for earning provincial championships: the women's tennis and women's golf teams, as well as the women's water polo team, which was recently named the Ontario University Athletics (OUA) female team of the month for November 2013. —AH 

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**PICTURED/ Top:** Varsity athlete Denise Wooding **Bottom:** Bethany So and Faculty supporter John Wildman.



## Top students celebrated at academic reception

On Nov. 4, more than 120 of the Faculty's top students were honoured at the Reception for Scholars held at Isabel Bader Theatre. For the past 20 years, the ceremony has connected donors and alumni with undergraduate and graduate students who have demonstrated outstanding academic and leadership skills. These students' talents and achievements are recognized with over 40 different awards, each commemorating important contributions to the Faculty and their communities. Among the night's most celebrated students was Bethany So, a third-year kinesiology student who took home four awards. —AH 

## UPCOMING EVENTS

### U of T Sports Hall of Fame

June 5, 2014

7 Hart House Circle

Reception 6 p.m. – Great Hall

Ceremony 7:30 p.m. – Hart House Theatre

For tickets visit [uofttix.ca](http://uofttix.ca)

Contact [rachel.keeling@utoronto.ca](mailto:rachel.keeling@utoronto.ca) for more information

### Varsity Blues Men's and Women's Golf Team Tournament

Contact Chris Tortorice at

[cgtortorice@hotmail.com](mailto:cgtortorice@hotmail.com) for more information

### Varsity Blues Women's Hockey Team Golf Tournament

September 13, 2014

Contact Vicky Sunohara at

[vicky.sunohara@utoronto.ca](mailto:vicky.sunohara@utoronto.ca) for more information



Left to Right: Nathalie Ling, Vicki Komisar, Andrea Jurenovskis, Beth Ali and Luke Hall.

## CIS swim championships alumni reception

The Varsity Blues were proud to host the 2014 CIS swim championships at the Varsity pool in February, where the men's team successfully defended its title. Alumni and friends gathered on the first day of the meet for a reception to re-connect and celebrate the life's work of late swim alumnus Nick Thierry (6T4). The digitization of Thierry's collection of papers and

SwimNews – the magazine he founded – was unveiled at the reception, made possible through a donation by Thierry's brother George. Alumni and friends were thrilled to see Nick's history of Canadian swimming preserved, thanks to the hard work of the University of Toronto Archives department. Thierry's collection is available online at [archive.org/details/swimnews](http://archive.org/details/swimnews). –RK



Kay Worthington (centre) poses with members of the Varsity rowing team.

## Rowing reception honours Kay Worthington

The Faculty was excited to celebrate the induction of former rower and Olympic double gold medallist Kay Worthington into Canada's Sports Hall of Fame. A special reception last October brought young rowers and several former members of the team together to hear from Kay Worthington. She shared stories from her days as a Blue and thrilled the crowd by passing around her two gold medals. –RK

# Women of Influence

## an evening with Kathleen Taylor



Left to right: Kathleen Taylor inspired the women's volleyball team by sharing her successes.

Members, friends and alumni of the women's volleyball program had a special opportunity to meet athletic alumna Kathleen (Katie) Taylor (8T0), chair of the Royal Bank of Canada Board, to hear about her success in the business world. After graduating, Taylor built an illustrious career in business, being noted as one of the 25 Most Influential Women In Travel by

Forbes Life in 2008, for facilitating the growth of the Four Seasons brand from a Toronto-based company to one of the finest hotel brands in the world. This was a wonderful mentorship opportunity for the women's volleyball team, who appreciated the chance to meet a positive role model who played on the same court they use today. **-RK**



# Field hockey

## Zumba fundraiser

The field hockey team hosted its second annual Zumba fundraising event on March 20 at the Athletic Centre Sports Gym, raising funds and awareness for the Varsity team. Eighty staff, students, alumni and friends came out to show their support and get moving to the Zumba beat! Third-year KPE student and field hockey team member Rachel Fackoury, a Zumba instructor at both the Athletic Centre and Hart House, led the group with spirit and enthusiasm. The MoveU crew was on hand to give out door prizes at this fun-filled event and participants enjoyed themselves so much, they're already calling for another session later this year! **-RK**



# Track & field

## silent auction

Friends of the track and cross country program gathered at the Athletic Centre on Jan. 18 to enjoy an evening of mingling, reminiscing and bidding on exciting silent auction prizes! A number of alumni and friends showed their support and helped make this second annual event a success. **-RK**

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## CLASS NOTES

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### 1950s

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#### **The Honourable Monte Harris** BPHE 5T4, OISE 5T5, BA 5T6, Track & Field

Harris was appointed to the City of Toronto's Board of Health in November for a one-year term. The Faculty is proud to have one of its esteemed alumni recognized by the City with this honour.

#### **Rich Howson** BCOM 5T1, Hockey

After over 10 years of service on the Faculty's Hall of Fame Selection Committee, Rich stepped down after participating in his last round of selections for the 2014 induction ceremony. Howson has been a huge asset to the committee and the intercollegiate program throughout his years of involvement, offering valuable insight and sound advice at every turn.

### 1970s

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#### **Sheryn Posen** BPHE 7T9, Tennis

Posen recently published the book, "From Shame to Fame" – in which she shares her wealth of knowledge about the Canadian Sports Hall of Fame and her passion for sport, sport history and business.

### 1980s

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#### **Paula Paunic** BPHE 8T4, OISE 8T5

Paula has come on board at the Faculty on a contract basis to assist with student professional placements and admissions. Paula's community links, strong interpersonal skills and passion for connecting students to career opportunities make her a great addition to the team.

### 1990s

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#### **Laura Inward** BPHE 9T2, Volleyball

Last August, Inward and her teammate Wanda Guenette brought home gold in women's beach volleyball for the third time from the World Masters Games, held in Torino, Italy. Congratulations to Inward for an outstanding performance and showing the world that Blues athletes continue to compete as alumni!

#### **Mike Kennedy** PHE 9T4, OISE 9T6, Badminton

Kennedy has risen in the ranks of education, recently earning the position of Principal at Rolph Road Public School. It's all in the family for the Kennedys, as Mike's father Bill – a U of T Sports Hall of Fame inductee for hockey – was once a student at the Leaside area school.

#### **Erin Kennedy** MD 9T5, PHD 0T2, Water Polo

Since her time at U of T, Dr. Kennedy has enjoyed a successful career in surgery at Mount Sinai Hospital. Last month, Erin received a one million dollar grant to support her research in the standard of colo-rectal cancer care across Canada.

### 2000s

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#### **Ryan Wakelin** BPHE 0T3, OISE 0T4

Wakelin gave an outstanding send-off to retired registrar Wenda Kwong in January, representing the thousands of graduates who have been influenced by "Mamma Kwong." Ryan discussed the pivotal role Wenda played in his life and what her guidance and support meant to so many. Ryan is currently in his 10th year of teaching with the TDSB and his sixth as an instructor at OISE.

## IN MEMORY



## Zoe MacKinnon

**BPHE 8T3, Field Hockey**

The Faculty and the field hockey community mourn the loss of Zoe, who died of cancer on Jan. 29. Zoe was a member of the 1984 Olympic team and was inducted to the U of T Sports Hall of Fame in 2011. As a student-athlete, Zoe was part of two provincial and national championship teams before embarking on a highly-respected international career.

### Brian Anderson

**BA 5T7, Hockey**

Brian passed away on Dec. 1 at the age of 78. An outstanding athlete in both football and hockey, Brian had a noteworthy career as a member of the Varsity Blues hockey team in the mid-1950s and continued to participate in the sport throughout his life and career as a teacher and financial planner.

### Catherine Bate

**BPHE 5T0**

Catherine passed away on Jan. 17 less than a month from her 81st birthday. She was an avid swimmer and member of the Anglican Church community.

### Claude Spencer

**Brundage BPHE 4T7**

A tennis and golf enthusiast, dedicated educator and long-time supporter of the Faculty, Claude died on Nov. 1 in his 89th year.

### Bruce Evans

**BPHE 5T4, Football**

Bruce passed away on Feb. 3 at the age of 81 and will be dearly missed by former classmates and friends at his 60 year class reunion this spring. Bruce helped to establish the B. Evans and J. Daniel Ontario Graduate Scholarship, which is awarded annually to a graduate student in the Faculty.

### Edward Fisher

**BPHE 5T0, OISE 5T8,  
BA 6T6, MED 6T9, Football**

Edward died in his 86th year after a life full of learning. After playing varsity football, he pursued several degrees and a teaching career that propelled him into politics as an advocate for the education system.

### Dr. Hardo Ilves

**MD 7T1, Football**

Hardo died on Jan. 26 at the age of 67. He was a member of the Varsity Blues football team that won the first Vanier Cup in 1965. The team was inducted into the U of T Sports Hall of Fame in 2002. After his time at the University, Hardo went on to a successful career as a surgeon in Sudbury.

### Zoë Nudell

**HBSc 0T3, Rowing**

A role model at the Nova Scotia Sea School and devoted advocate for a wide range of causes, Zoë tragically died in October at the age of 33. Upon graduation she travelled extensively, touching lives in several communities, continuing an active lifestyle and settling in Hamilton before her death.

### Henry Rosewarne

**BASc 4T9, Water Polo**

Henry passed away in his 90th year after a long and active life full of hobbies such as skiing, windsurfing, piloting and music.

*Our condolences to family and friends.*

## Claim to fame

BY ALTHEA BLACKBURN-EVANS

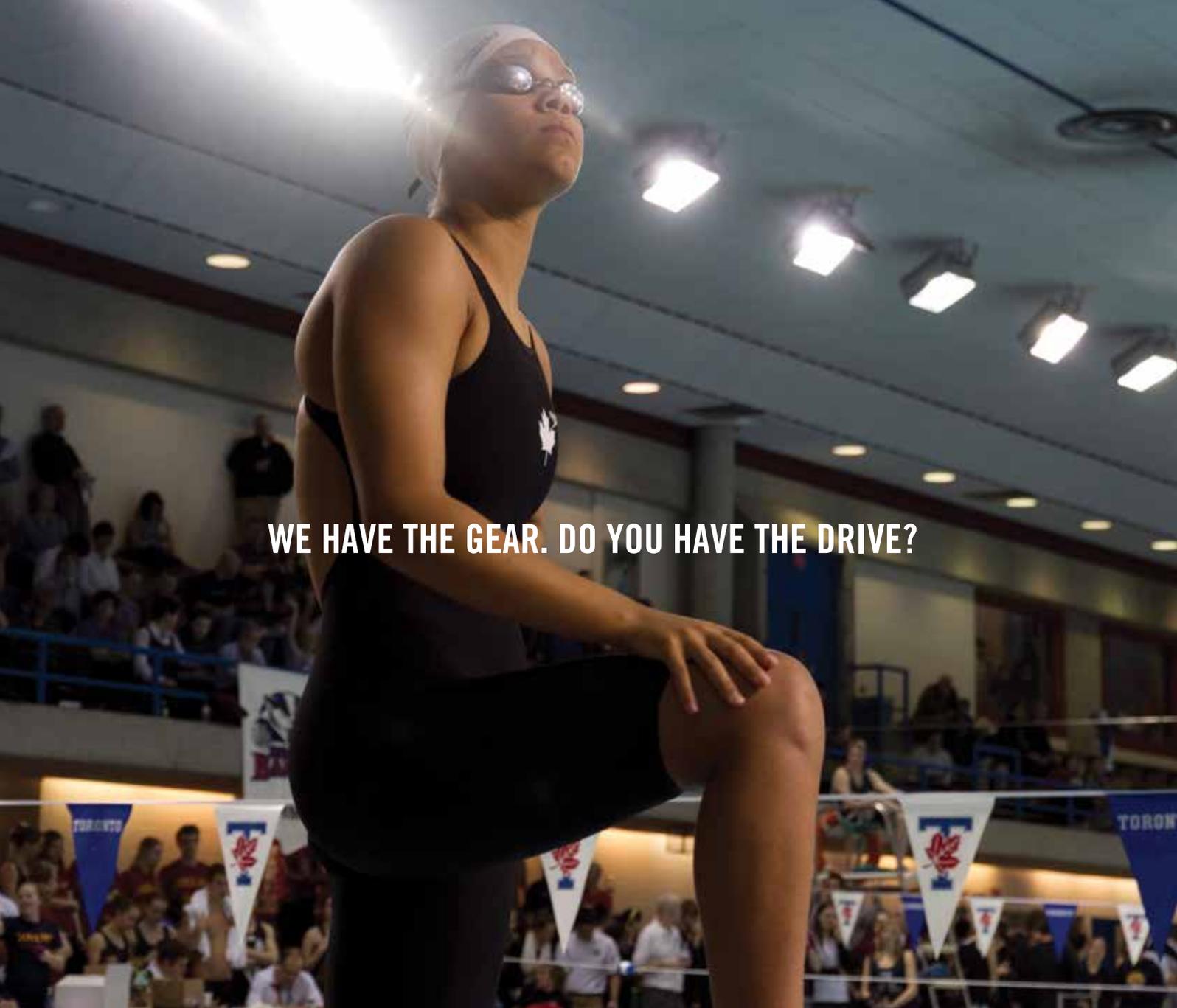
Women's intercollegiate sport in the 1930s looked a little bit different than it does today, with just four Ontario schools in competition and a small handful of sports to choose from. But the passionate enthusiasm in those early days matches anything found on courts, rinks and pitches of today. This photo features the 1938-39 women's basketball champions, who enjoyed sweet victory over main rival Western.

Forward Helen Gurney (UC 4T0, pictured front row, second from right) was surely one of strongest spirits in U of T sport at that time, a Blue in both basketball and swimming and, later, the coach of University College's women's basketball.

Gurney was among the first honoured through the U of T Sports Hall of Fame, inducted just two years after it was established in 1987. Along with James "Hud" Stewart and a small group of dedicated alumni, Gurney led the charge in preserving U of T's standout history in sport and remains one of the Blues' biggest fans.

Historic prints like this one will have new and lasting life at the Goldring Centre for High Performance Sport, home to the first-ever digital U of T Sports Hall of Fame. The interactive display, championed by Gurney as its lead donor, will offer visitors both a peek back in time and a birds' eye view of U of T's stars in sport. **P**





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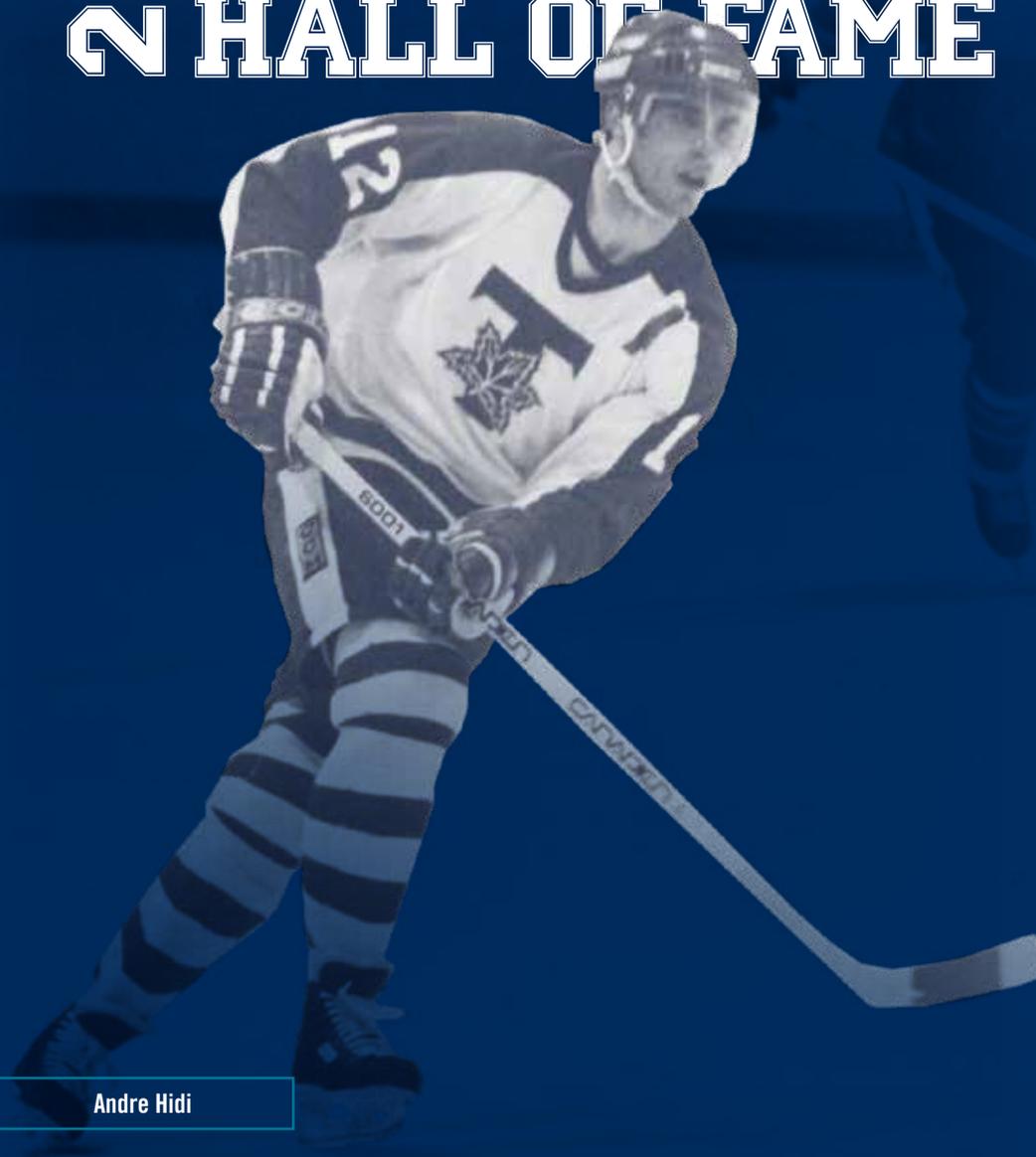
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# UNIVERSITY OF TORONTO SPORTS HALL OF FAME



Andre Hidi

The Sports Hall of Fame honours Varsity Blues' greatest athletes, builders and teams. It was established in 1987 as part of an ongoing effort to preserve and display the records relating to the outstanding historical tradition of athletics, academics and community leadership fostered by the University of Toronto. **See page 40 for event details**

## THIS YEAR'S INDUCTEES INCLUDE:

### Athletes

**Diana Clarke**  
BPHE 1997, Volleyball

**Michael Didier**  
BPHE 2001, OISE BED 2002, Baseball

**Charles Gossage**  
BMED 1924, MD 1931, Boxing

**Jayna Hefford**  
BPHE 2004, Hockey

**Andre Hidi**  
Trinity, BA 1981, MA 1983, Hockey

**Darren Lowe**  
BPHE 1985, OISE 1986, Hockey

**Jennifer Rawson**  
BPHE 1999, OISE 2000, Hockey

**Bruce Simpson**  
Victoria College 1974, Track & Field

**Jean Stevenson**  
Victoria College 1942, OISE 1972, Basketball

### Builders

**Winifred Baxter**  
Trinity 1940, Swimming

**David Breech**  
St. Michael's College 1971, Water Polo

**Richard Kollins**  
University College 1964, OISE 1973, 1980  
Football

### Teams

**1995-96 Women's Volleyball**  
OUA Champions

**2000-01 Women's Hockey**  
CIAU Champions

**1983-84 Men's Hockey**  
CIAU Champions

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