

Pursuit

University of Toronto
Faculty of Kinesiology & Physical Education

FALL 2016 / VOL. 19, NO. 2

WELCOME HOME!

From Syria to
Summer Camp

STRESS IN YOUNG ATHLETES
KPE professor offers coping strategies

ALL IN THE FAMILY
Three generations of KPE alumni

OLYMPIC DREAMS
Celebrating our athletes

EN GARDE FOR THEE



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PURSUIT is published twice a year by U of T's Faculty of Kinesiology & Physical Education.

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Printed in Canada

Publication Agreement Number: 40065214

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Bringing Worlds Together

Welcome to another issue of *Pursuit* magazine. After a busy summer and successful start to the fall, we are excited to share some of our news with you.

Our Faculty's mission is to develop and advance knowledge about the interaction of physical activity and health through education, research, leadership and the provision of opportunity. This summer, our Faculty joined University-wide efforts to extend opportunities to Syrian refugees building a new home in Canada by fully funding a Camp U of T experience for the children of two refugee families in Toronto. You can read more about the Morad family's experience in our cover story on page 22.

A very different experience of a lifetime occurred for almost a dozen KPE and Varsity Blues students and alumni who competed in the Summer Olympic Games in Rio. Canada's flag bearer and KPE master's student Rosie MacLennan brought home another gold medal, while breakout swimmer Kylie Masse won bronze. We couldn't be more proud of all our Olympians and their coaches for their hard work and accomplishments. Our look back at the excitement of the Olympics starts on page 14.

KPE welcomed new faculty and staff, and bid fond farewells to those retiring. Professor John Cairney joined the Faculty in July to pursue research on increasing physical activity and social participation of children with motor coordination problems (page 10). And, Professor Boba Samuels joined U of T as the Director of the Health Sciences Writing Centre to continue the trend of excellence started under Professor Dena Taylor (page 6).

Throughout this time, our faculty continued to share and apply their knowledge with the community at large. Professor Catherine Sabiston was presented with an Award for Excellence by the Canadian Cancer Society



for her research into optimal integration of physical activity with cancer care and survivorship (page 5); Assistant Professor Daniel Moore and his collaborators discovered that protein requirements in endurance athletes are higher than previously thought (page 8); and Assistant Professor Ashley Stirling spearheaded the development of the first Canadian guidelines for optimal internships (page 7).

As the fall advances, we will be checking in with the first cohort of students in the Master of Professional Kinesiology, the Faculty's first professional master's degree program.

Earlier in the year, we feted the latest group of inductees into the U of T Sports Hall of Fame. That story and other alumni updates start on page 34.

Alumni support is crucial to our ability to support the excellence and creativity for which KPE is known. In this issue, we are excited to present you with two new scholarships named after Judy Goldring and Sir William Mulock. We are also pleased to share with you the story of the three generations of the Goodman family at our Faculty (page 28) and introduce you to our alum Cory Kennedy, trainer for Institut National du Sport du Québec, who shares his top five tips for healthy living on page 20.

We hope you enjoy this issue and look forward to hearing from you.

Sincerely,

Ira Jacobs, Dean

Faculty of Kinesiology & Physical Education



WAVES OF JOY: Canadian Prime Minister Justin Trudeau and the Canadian Olympic Committee named the Faculty's own Rosie MacLennan flag bearer for the Rio 2016 Olympics. See Olympic Dreams on page 14.

CHANGING THE GAME

U OF T'S KINESIOLOGY PROGRAM STRENGTHENS TRAINING FOR PHYSICAL EDUCATORS



News headlines have sounded the alarm about cuts to physical education: Queen's University has suspended its physical education degree, and Physical and Health Education Canada reports that physical education programs are declining in elementary and high schools.

There is an accumulating body of research reporting that regular physical activity helps to improve overall functional capacity, health, physical fitness, academic performance and social skills, and can reduce anxiety and depression. So why is the support for these programs declining when the physical, social and psychological benefits of physical activity are becoming increasingly clear?

Professor Gretchen Kerr, vice-dean of academic affairs, explains why physical education is so important and how U of T's kinesiology program has become a game changer.

Queen's University recently cut its physical education degree and U of T no longer offers this degree. Why?

Queen's and U of T were two of the few remaining faculties in the country that offered a Bachelor of Physical and Health Education (BPHE) degree. Like Queen's, we found that students were not choosing the BPHE degree. But here's the critical piece: students still wanted to become physical educators. As evidence of this, we had, and continue to have, a large enrolment and wait list for courses such as Teaching the Child Physical Activity and Physical Literacy in the Early Years.

In today's competitive world, our

students want the flexibility to pursue a variety of careers. They perceive that a degree with the word "kinesiology" gives them that flexibility, and we now offer a Bachelor of Kinesiology (BKIn), which includes courses in physical education.

Teacher preparation remains a high priority for the Faculty, however. In fact, for students who wish to pursue teaching, we're offering a superior option for teacher preparation through a combined degree program with U of T's Ontario Institute for Studies in Education (OISE), called the Master of Teaching Degree. Students will graduate from our program with a BKIn, and from OISE with an advanced,

research-informed master's degree (MEd) rather than a two-year Bachelor of Education. Their fourth year of study is shared between our Faculty and OISE, and our first cohort of students will be admitted in September 2017.


Why is physical education so important?

Research has shown that the foundations for the adoption of health behaviours, including a physically active lifestyle, are established during childhood. If we prepare physical educators who can provide joyful experiences and develop physical literacy skills in the early years, primary school and throughout the school system, then we're more likely

to positively affect long-term physical activity patterns. As a result, the Faculty focuses on the preparation of future physical educators who are able to create environments in which young people from diverse backgrounds and of differing abilities learn to enjoy physical activity. Schools have the potential to be a significant equalizer; through physical education, all students, regardless of socio-economic status, are provided with opportunities to experience play and the joy of movement, and to learn fundamental physical literacy skills that will better enable them to enjoy future participation in physical activity, exercise and sport. Not all families can afford the costs of organized sport outside of the school setting. For some young students, therefore, physical education is their only exposure to physical play and the development of physical literacy skills.

In addition to the contributions physical activity makes to physical development, we also know that it enhances cognitive functioning, including information processing, decision making and memory – essentially all of the core cognitive skills that facilitate learning. We still have a lot of work to do to get this message out, and to keep physical activity as part of the core educational mission remains a challenge. Plus research has shown that taking time out of the school day to be active enhances learning. Children need to move, they love to move, and movement is so important for healthy, holistic development. Play is core to being a child and movement is core to being human.

What is the future of kinesiology and physical education?

My dream would be to see physical education integrated into early childhood education programs, and that we have movement specialists teaching in elementary schools. I also hope to see schools involve the community in physical activity initiatives. Involving parents in early morning physical activity sessions, for example, helps children to become more active. We also need to think of more innovative ways to incorporate physical activity into the school day – what a wonderful way to teach math and physics. The Faculty is focusing on preparing students to become movement specialists who can deliver physical education to diverse populations in an enjoyable way. We want to help people to see the joy of movement and how it can become an essential part of their lives. —**Katie Babcock** 

CANADIAN CANCER SOCIETY PRESENTS CATHERINE SABISTON WITH AWARD FOR EXCELLENCE

Catherine Sabiston, professor in the Faculty of Kinesiology and Physical Education, has been awarded the 2016 William E. Rawls Prize Award for Excellence by the Canadian Cancer Society.

“Each year this prestigious award is given to a young, exceptional researcher whose work has significantly contributed to cancer control,” said Luc Tremblay, associate professor and the Faculty’s associate dean of research. “Dr. Sabiston’s research is instrumental to the optimal integration of physical activity with cancer care and survivorship.”


The \$20,000 award is named after Dr. Rawls, past president of the former National Cancer Institute. It recognizes Sabiston’s innovative strategies to encourage cancer patients to exercise, helping them to reduce feelings of depression and anxiety and improving their overall health. One of her major initiatives, called ActiveMatch, is an online partnering system designed to help female cancer survivors find an exercise partner.

“We realized that women who had breast cancer had declining levels of physical activity because they lacked social support,” said Sabiston, also a Canada Research Chair in Physical Activity and Mental Health. “It’s important to build a sustainable program that women will enjoy, and we’ve designed ActiveMatch to work outside hospital and lab settings.”

Sabiston is also a co-principal investigator on ProjectMOVE, another strategy that helps women diagnosed with cancer customize their physical activity.

In the future, she plans to expand ActiveMatch, ProjectMOVE and a broad range of other research initiatives.

“We need to make a difference in these women’s lives, in peoples’ lives in general and make a substantial impact on society.”

Sabiston was presented with her award at a ceremony in Toronto in July. —**KB** 



WRITING CENTRE TO CONTINUE TREND OF EXCELLENCE UNDER NEW LEADERSHIP

When it first opened its doors in 1995, it welcomed 200 students. Now, the Health Sciences Writing Centre helps over 700 students each year and provides almost 3,000 one-on-one sessions.

As Professor Boba Samuels takes the reins from Professor Dena Taylor, it's poised to continue this trend.

When it was created, the centre was the first resource at U of T to serve students in the Faculties of Dentistry, Nursing, Pharmacy, Social Work, and Kinesiology and Physical Education.

"At the time, U of T had many writing centres. Bruce Kidd, then dean of the Faculty, and others advocated for one centre dedicated to the health sciences," says Taylor, who retired in June after 21 years as director. "We wanted to help our students become critical thinkers and to articulate persuasive arguments."

Through one-on-one sessions, instructors help students develop skills in writing, grammar and research. The centre also provides in-class instruction and works with professors and teaching assistants to create assignments. With its online resources, the centre's impact extends worldwide – in 2015 one of Taylor's online documents on literature review received close to 400,000 views.

"Over the past three years, Dena not only reviewed my assignments, but also helped me understand how to become a better


writer, researcher and critical thinker," says Stephanie Seymour, a fourth-year undergraduate student in the Faculty. "She made me the student I am today. I'm now thinking of pursuing a graduate degree in exercise sciences."

Seymour's sentiments are echoed by other students – the average evaluation for writing instructors has never been less than 6.5 out of 7.

What's next for the highly successful program? "Dena has really created a successful structure that we can build on," says Samuels. "My vision is to imbed more writing instruction into courses so that it's integrated into the programming itself."

Before joining the Faculty, Samuels managed the writing centre at Wilfrid Laurier University. "Laurier had one writing centre, but U of T's multiple writing centres create a great model for a university of this size. The disciplines are very different and the writing is specific."

She was inspired to apply for the position when she learned she could join a team with long-time writing colleagues.

"It is wonderful for me to come to U of T and work with colleagues I've collaborated with on research and met at annual conferences. The support for writing at U of T is incredibly important not only for students, but also for faculty working in writing studies, and I'm excited to provide the best instruction possible." —KB 



DEAN IRA JACOBS NAMED FELLOW OF THE CANADIAN ACADEMY OF HEALTH SCIENCES


Professor Ira Jacobs, dean of the Faculty, is among eight University of Toronto researchers who were named fellows of the Canadian Academy of Health Sciences (CAHS) this year.

Considered one of Canada's most esteemed academies, CAHS provides assessments and recommendations on issues affecting the health of Canadians. CAHS fellows have a history of outstanding performance in the academic health sciences, and election to fellowship in the Academy is considered one of the highest Canadian health sciences honours.

"I am surprised and feel very honoured for the recognition of my research, and I'm flattered and humbled to be in the company of so many esteemed colleagues from the University of Toronto and from across the country," said Professor Jacobs. "I have been very fortunate over the years to have had significant and productive collaborations with talented scientists and, in particular, very creative graduate students who have definitely taken me outside of my scientific comfort zone."

Professor Jacobs is the first member of KPE to be inducted into the Academy. There are only a handful of others from other universities that also have kinesiology as their primary affiliation, and he sees this as an important acknowledgment of kinesiology as an academic discipline that is integral to improving and sustaining the health of Canadians through physical activity.

—Jelena Damjanovic 



Undergraduate student Darrin Wijeyaratnam
with Assistant Professor Ashley Stirling

RESEARCHERS CREATE FIRST CANADIAN GUIDELINES FOR OPTIMAL INTERNSHIPS

In today's ruthless job market, internships often give students a competitive edge. But what makes for a valuable experience? And how do you measure success? Researchers from the Faculty are addressing these long-overdue questions with Canada's first post-secondary internship guidelines.

It's a development that could help thousands of students get the most out of their experience – an estimated 300,000 interns hit Canada's job market each year.

Under the Employment Standards Act, 2000, the Ontario Ministry of Labour provides legal guidance for placements, but the quality can vary dramatically. Students could learn valuable lessons each day, or they could learn how everyone takes their coffee.

"In the past there has been a great deal of attention focused on the length of internships and the amount of pay, but the more critical question that we should be asking is whether students' experiences are educational," says Assistant Professor Ashley Stirling, who is the Faculty's director of experiential education and the project lead. "Now we

have clear, universal recommendations to most effectively enhance student learning and development."

The recommendations set out in *A Practical Guide for Work-integrated Learning*, are based on the most current research and could be applied to any type of internship around the world, including placements, co-op programs, field experiences and work study.


To create the guidelines, the team consulted with the Higher Education Quality Council of Ontario and a 22-member advisory committee with representatives from colleges and universities across Ontario. They conducted focus groups at 11 post-secondary institutions with more than 100 faculty and staff.

What makes for an optimal internship? The guide outlines a concrete structure featuring explicit learning outcomes, hands-on practice, analysis and the opportunity to test new skills and ideas.

"Ideally, an internship should let students participate in real-world work activities and contribute to the organization in a meaningful way," says Stirling. "They

also need appropriate opportunities to practice, be challenged and receive constructive feedback. It's important to integrate practice with theory to get the best results."

This integrated learning model has been a key part of the Faculty's professional placement program. For over 15 years, students have taken lessons learned in the classroom and applied them to their professional placements. Last year more than 200 students completed their designated 100 hours of practice at organizations including the Canadian Sport Institute of Ontario, the Boys and Girls Clubs of Greater Toronto, Upper Canada College and the Hospital for Sick Children.

"The saying 'every experience is educational' is inaccurate. While there may be something to be learned from every experience, it doesn't mean that each experience provides the optimal conditions for learning," says Stirling. "We hope these guidelines will provide higher education leaders with the tools to enhance how they deliver internship programs – the end goal is to provide students with the best educational experience possible." —KB 



DEMAND FOR PROTEIN IN ENDURANCE ATHLETES HIGHER THAN PREVIOUSLY THOUGHT

A study by Assistant Professor Daniel Moore and his collaborators has found that post-exercise protein requirements in endurance athletes are greater than previously thought. The study, published in the *PLOS ONE* journal in June, suggests that endurance athletes should aim for about 1.8 grams of protein per kilogram – in sharp contrast to previous recommendations of 1.2 to 1.4 g/kg.

So, why the discrepancy?

Historically, protein requirements were determined using a technique called nitrogen balance. Nitrogen is specific to amino acids, which are the building blocks of protein. By measuring how much nitrogen someone consumes and excretes, scientists could understand whether intake matches output. If it did, you were in balance. However, this method proved time consuming, as it normally takes seven to 10 days for a body to adapt to a protein intake.

“We sometimes overestimate what people take in and underestimate what they excrete, so there’s a growing opinion that nitrogen balance might actually underestimate true protein requirements,” says Moore.

Given the importance of dietary protein for the repair and remodelling of body proteins and its ability to be used as a source of fuel in active populations, the researchers wanted to re-evaluate current protein recommendations for endurance athletes with alternative methodologies to further refine protein requirements in this population.

“A lot of athletes are focused, rightly so, on the need to refuel and rehydrate before, during and after exercise,” says Moore. “What is sometimes taken for granted, or not always appreciated, is the role that protein plays in helping athletes recover and adapt to training. Not consuming enough protein can also lead athletes to lose muscle mass or even muscle quality, and that’s counter intuitive to their goals of being able to perform in their discipline.”

Moore and his team used the indicator amino acid oxidation technique, first pioneered at SickKids by U of T professors Paul Pencharz and Ron Ball. They were the first ones to apply it to an active population and athletes specifically.

“The benefit of this method is that it’s more sensitive and you can study individuals over a single day,” says Moore.


So, how does this apply to regular folk, who aren’t trained athletes?

No matter how much energy you expend, a percentage is always going to be protein, says Moore. So, if you expend more energy you’re going to need to consume more protein, even if you’re not exercising as long as trained athletes.

In fact, the researchers plan to start generating data for specific athlete populations, so that they can start to get population-specific protein requirements. Although women weren’t studied specifically, scientists have observed that they are generally better at using fat as a source of fuel.

“That reduces the demand on amino acids and therefore you can envision that their protein requirements might be a little bit lower than the men’s,” says Moore.

Although timing wasn’t captured in this study, Moore says it’s important to space the protein throughout the day if you have high-energy demands.

“If you can identify what your protein needs are and then divide that into about five or six meals – that’s probably the most efficient.” —JD 



HELPING ADOLESCENT ATHLETES COPE WITH STRESS

If your adolescent athlete has a difficult soccer game, do you tell them not to worry about it? Or do you suggest they speak to their coach for tips on how to improve? How do you know if your words of wisdom are helping or harming?

Over the years these questions have plagued many parents, but now researchers from the Faculty are finding ways for parents to help their children cope with sport-related stress. Their findings were recently published in the *International Journal of Sport Psychology*.

“We’ve found that the things parents say and do have an impact on the way athletes deal with stress in sport,” says Assistant Professor Katherine Tamminen, lead author of the study. “When parents talk directly to their child about active coping in sport, the athlete is more likely to use those strategies to deal with stress.”

When athletes use active coping, including practising their sport skills or asking a coach or teammate for help, they’re more likely to enjoy their sport and improve their performance. These skills can also translate into future success – adolescence is a key time when athletes are developing coping patterns and these techniques can reduce anxiety when facing stress in school and at work.

Being able to effectively manage stress depends on choosing the right strategy for the right situation – sometimes it’s best to put in extra effort to deal with a problem, but in other cases it can help to take a step back from a problem. “It’s important for parents to help athletes find ways to develop their own solutions to solve their problems rather than telling them what to do or that a problem isn’t important.”

During the study 85 pairs of athletes and parents completed online surveys. Athletes reported levels of parental pressure or support and how they coped with stress, and parents described the type of advice they had given to their children about dealing with stress in sport.

Tamminen’s research has shown that the foundation to helping athletes develop coping skills is for parents to establish a positive, supportive relationship with their child. When young athletes feel pressure from their parents, they’re more likely to avoid difficult situations and not deal with the stress effectively.

“If an athlete didn’t perform well and their team lost, they probably already feel pretty bad about it,” says Tamminen. “It’s important to give the athlete some

time to think things through and allow them some control over how and when they talk about their performance, and to help them see things in a broader perspective.”

Undergraduate student Kristi Riseley, former captain of the Varsity Blues women’s hockey team, agrees.

“At the beginning of my university athletics career I wanted more ice time, so I would vent to my parents. They encouraged me to talk to my coach and told me to not be afraid to ask questions and ask for feedback. That was great advice because then I knew what I could do to improve.”

In the fall, Tamminen and her team are delivering a coping intervention workshop for parents and athletes to test the recommendations they have developed.

“We’re really excited to apply our research to real-life situations and give parents the skills they need to help their children,” says Tamminen. “Parents are such a strong influence on young athletes, and through our research we want to improve athletes’ experiences and set them up for future success.”

Tamminen’s research is supported by the Connaught New Investigator Award. —KB 

FACULTY WELCOMES LEADER IN MENTAL HEALTH AND PHYSICAL ACTIVITY

When Professor John Cairney left U of T's Department of Psychiatry in 2007, he would never have predicted that his research would eventually lead him back to U of T nine years later – this time to the Faculty of Kinesiology and Physical Education.

His journey has led him from studying adult mental health to motor coordination problems in children, and his combined expertise is set to help children improve their physical and mental health.

“We’re interested in how motor coordination problems prevent children from being physically active,” says Cairney, who joined the Faculty in July from McMaster University’s Department of Family Medicine. “Children with motor coordination problems are more likely to be overweight and obese than their peers and have higher rates of depression and anxiety. At the most basic level it affects their ability to play and interact with other children, and the consequences of physical inactivity are lifelong.”

Previously known as “clumsy child syndrome,” children with the Developmental Coordination Disorder not only have difficulty playing sports, but also struggle with everyday activities like tying their shoelaces, riding their bikes and writing. In 2015 Cairney published the book *Developmental Coordination Disorder and Its Consequences* to explain the disorder.

“The exciting thing from my perspective is that we’re leading the field in this area. These children have been invisible and we’re bringing international attention to them.”

Cairney has an impressive track record of high-quality publications and sustained external funding. From 2005 to 2008 he was awarded the Canada Research Chair (Tier II) in U of T's Department of Psychiatry and in 2015 the McMaster Family Medicine Research Chair.

“In Professor John Cairney we have found exactly what we were seeking, a scientist who is recognized around the world for his experience and expertise in building highly successful multi-disciplinary research collaborative networks,” says Professor Ira Jacobs, dean of the Faculty.



And the respect is mutual.


“I felt that the number of new recruits and the focus on intensive research here makes it an exciting place to be. There’s also the diversity of the population in Toronto and the opportunity to work with the Faculty’s co-curricular programs.”

In the future, Cairney plans to design community-based interventions to help children with Developmental Coordination Disorder increase their physical activity and social participation. “We have a lot of information about the consequences of the disorder, but there are remarkably few interventions. That’s where physical literacy comes in. No two children are alike and we want to create accessible programs that will translate into long-term physical activity participation.”

In addition to his research, Cairney is the editor in chief of the journal *Current Developmental Disorders Reports* and the incoming president of the North American Society for Pediatric Exercise Medicine.

He’s also a baseball fanatic and author of *Immaculate: A History of Perfect Innings in Baseball*. The book features statistics, history and the human side of the sport. “What makes sport interesting to most is the major achievements, but I’m interested in the journey – there are always challenges that athletes have had to overcome.”

And overcoming challenges is what Cairney hopes his work will do for children – improving their physical, social and mental health.

“I think that this Faculty can become an international centre of excellence for physical activity and mental health studies, and I see the work that I do as part of that.” —KB 



FIRST CLASS: MASTER OF PROFESSIONAL KINESIOLOGY PROGRAM

On August 9, the Faculty welcomed the first 32 students to the Master of Professional Kinesiology Program – the first program of its kind in the province. Along with classroom instruction and 600 hours of professional practice, students will work closely with Varsity athletes to collect data for future research.





Swimming in international waters

Blues water polo players learn to play a different game at the UN headquarters and the Hungarian consulate

How do athletes recover during the off-season?

You might think they spend as much time as possible training, pushing their bodies to the limit in order to reach another level.

But for post-secondary student-athletes, the off-season is not just about the gruelling task of physical improvement. Rather, the off-season becomes a place to find themselves and to become better people, without the pressure of athletic competition and academic deadlines barrelling down on them.

For Varsity Blues water polo athletes Euan Scoffield and Daniel Ugray, the off-season took them on an interesting journey. Both athletes found themselves exploring what could be their futures. Working to further entrench themselves in their career paths, they both gained first-hand experience with a pair of worldly internships.

Second-year eastern Asian studies major Scoffield travelled to Geneva, Switzerland, where he was surrounded by the Alps and Jura Mountains during a two-month internship at the

headquarters of the United Nations. Working directly as a member of the United Nations High Commissioner for Refugees (UNHCR), he provided a helping hand to many of the resettlement officers who worked diligently profiling, verifying and logistically prepping for refugee resettlement needs.

“Getting this type of work experience is something I have always aspired to do,” says Scoffield. “I want to focus on an International Relations path, and working abroad in a bureaucratic environment gave me a lot of insight as to what my future might hold, especially with refugees and resettlement being such a prevalent issue these days.”

Ugray’s summer may not have taken him beyond the borders of Toronto, but he spent it surrounded by some prestigious company working as the assistant to Hungarian economic and trade counsellor, Mariann Demeter-Pinter, at the Hungarian Consulate in Toronto.


“International experience always helps to broaden your focus and keeps you curious about things that you do not know,” says the second-year native of Hungary. “My studies at the

Munk School of Global Affairs were fundamental to me being able to quickly fit in at the consulate and this gave me the ability to take up and successfully execute the tasks given to me.”

Along with providing assistance to the counsellor in daily administrative tasks, Ugray also played a hand in organizing a visit of the Hungarian Deputy State Secretary, and coordinating communications for events pertaining to the 60th anniversary of the 1956 Hungarian Revolution.

Competing on a Varsity Blues team, which last year featured athletes from Hungary, Turkey, Germany, Macedonia, Iran and Egypt, the two athletes showcased the international opportunities present at the University of Toronto.

“Being part of a group of highly educated, determined, mostly international student-athletes creates an atmosphere where we can only learn from each other,” said Ugray. “I truly believe every institution would love to work with U of T students.”

—Jordon Hall 

Former Varsity Blues football players leaving their mark on CFL

Former University of Toronto Varsity Blues football player Llevi Noel registered his first CFL touchdown in August at the BMO Field in Toronto. The 2016 CFL draftee and member of the Toronto Argonauts notched his first two career receptions on back-to-back plays, the second being a 34-yard touchdown catch.

Noel was named a CIS second team all-Canadian in 2014. A native of Toronto, Noel led all players in the OUA and CIS with 8.2 receptions and 126.3 yards per game, catching 49 passes for 758 yards. In both of these categories, he ranked second in the province having played in only 6-of-8 games.

Noel was drafted by the Toronto Argonauts along with U of T Varsity Blues football player DJ Sackey. The duo's selection



marks the fifth time in the past six seasons that a Varsity Blues player has been selected in the Canadian draft. Defensive back Hugo Lopez was drafted by the Edmonton Eskimos in 2011 and linebacker Wilkerson DeSouza in 2012. Aaron Milton, Alex Pierzchalski, Aaron Wheaton and Christopher Johnson were drafted in 2014, while Kevin Bradfield was selected in the 2015 draft. —Jill Clark



Blues rowers capture gold, compete at World University Championships

Varsity Blues rowers Megan Lewicki, Agnes Soos, Oksana Wankiewicz and Rachel Dick captured gold in the senior women's lightweight four event at the 134th Royal Canadian Henley Regatta held in St. Catharines, Ontario.

The veteran foursome represented the Hanlan Boat Club at the prestigious event and earned first place with a time of 7:10.14, beating their second-place competitors by just three seconds to earn the H.I.H. 30th Anniversary Trophy.

The victory comes after a strong 2015–16 campaign with the Blues where the team captured gold in the same event at the Head of the Welland and silver at the OUA championship. The foursome also duplicated those results along with a bronze at the Head of the Trent as members of the U of T lightweight eight crew.

The Blues rowers took their competing to international waters, as well. Jacob Giesbrecht and Andre Vovik earned a 10th-place finish at the 2016 World University Championships, September 2–4, in Poznan, Poland. Varsity Blues track and field alumna Shannon Kennedy also represented Canada, placing sixth in the open women's double scull. —JC



Varsity Blues alumna signs one-year contract with German basketball team

Varsity Blues alumna Jill Stratton signed a one-year contract with SG BBZ Opladen of the German 2. Bundesliga.

Stratton, a 5-foot-11 guard, started her professional career last season in the same league with the Wolfenbuettel Wolfpack. Unfortunately, her season ended after just four games due to injury.

Stratton ended her five-year career as U of T's regular season career scoring leader with 1,245 points in the Blue and White. She was named an OUA all-star three times, while earning OUA East rookie of the year honours in 2010–11. That same season, Stratton was named a member of the CIS all-rookie team and was named the first-ever U of T female rookie of the year.

Stratton led Toronto for the third time in her career, ranking seventh in the province with 16.1 points and third with 9.1 rebounds per game. She also topped U of T with 59 assists and 42 steals in 2014–15.

Now that she's in good health again, Stratton is looking forward to her second crack at professional basketball overseas.

"I'm very grateful for this opportunity," said Stratton. "Opladen seems like a great organization and I'm so excited to be a part of it." —JC

OLYMPIC DREAMS

BY JELENA DAMJANOVIC

All athletes dream of capturing an Olympic medal, but few do it twice in a row and fewer still manage to do it within a year of ranking 200th in the world. Three-time Olympian and KPE graduate student Rosie MacLennan became the first Canadian summer athlete to successfully defend an individual Olympic gold medal, and Kylie Masse became the first Varsity Blues swimmer to claim an Olympic medal while enrolled as a student at U of T.



Rosie MacLennan

GOLD

U of T alumna and student of the Faculty of Kinesiology and Physical Education Rosie MacLennan made a triumphant return to the Olympic Games, winning gold in trampoline. She won with a final score of 56.465.

MacLennan, who was Canada's Olympic flag bearer at Rio, is the first Canadian summer athlete to successfully defend an individual Olympic gold medal and is a three-time Olympian. She earned Canada's only gold medal at the 2012 Olympic Games in London and finished in seventh place at the 2008 Beijing Olympics.

Now a grad student in KPE working under the supervision of Professor Margaret MacNeill, MacLennan was on leave from the program this year to prepare for the Olympics.

MacLennan made her world championship debut in 2005, winning her first medal, a bronze, in 2007. She added another bronze in 2010 before winning silver in 2011 in Guadalajara. After her Olympic triumph, MacLennan maintained her top international ranking, winning her first world title in 2013 and adding silver in 2014.

Ira Jacobs, dean of KPE, called the COC's decision to pick MacLennan as flag bearer inspiring and inspired.

"Rosie has been a very active and engaged alumnus and friend of the Faculty and it was just wonderful to see her in this role," Professor Jacobs said. "What better person to carry the Maple Leaf as an emissary into the Olympic stadium at the Olympic opening ceremony?"

U of T Vice-President and U of T Scarborough Principal Bruce Kidd, former Olympian and founding dean of KPE, said he couldn't think of anyone more deserving to be Canada's flag bearer at the Olympics.

"She represents the highest values of the Olympic movement – she is an experienced athlete leader and she made us all proud."

Kylie Masse

BRONZE

Varsity Blues swimmer Kylie Masse tied for a bronze medal in the women's 100-metre backstroke race in Rio, winning Canada its fourth medal of the Summer Olympic Games. The University of Toronto undergrad made a Canadian record time of 58.76 seconds, coming in only .01 second behind the silver medallist.

Masse was ranked 200th in the world only a couple of years ago, but managed to climb 190 spots last year. En route, she broke six national records, earned a gold medal at the Summer Universiade in South Korea and qualified for the 2016 Summer Olympic Games in Rio de Janeiro.

"Her stunning improvement over the past two years is due to hard work on her part, but also to the team of professionals that we have been able to surround her with," said Byron MacDonald, head coach of the Varsity Blues swimming program and a former Olympian.

"Kylie has that wonderful combination of talent, drive and dedication to go along with a sunny disposition that makes her a joy to coach," MacDonald said.

Professor Ira Jacobs, dean of KPE, was among the Canadians watching and cheering for Masse in front of the TV.

"My family can attest to the fact that I jumped out of my chair and yelled 'YES!!!' when I heard the results from Byron," said Jacobs. He immediately emailed Masse to congratulate her on her success on behalf of the whole Faculty.

Masse, a second-year student at KPE, was named U of T female athlete of the year, Ontario University Athletics (OUA) female athlete of the year and the BLG top female athlete in Canadian University Sport. She is the first Varsity Blues swimmer to claim an Olympic medal while enrolled as a student at U of T.





Varsity Blues Gabriela Stafford takes family legacy of racing to new heights

At 20 years old, Varsity Blues track star Gabriela Stafford was not expected to race at the 2016 Summer Olympic Games. Instead the fourth-year psychology student had her sights set on qualifying for the 2020 Olympics in Tokyo. But, her talent and hard work paid off much sooner when she won the Canadian 1,500-metre title at the Olympic trials in July and secured a spot on Team Canada in Rio.

A look into her family's history of racing shows this was not such a surprising result. Stafford's father, U of T professor Jamie Stafford, represented Canada at four World Championships. Her mother, Maria Luisa Gardner (1965–2008), was from a running family with a brother, John Anthony Gardner, who was an OUAA champion for U of T and sister, Sara Gardner, who also represented Canada at a World Under-20 Championship for U of T. And, Gabriela's sister Lucia, who starts engineering at U of T in the fall, just became the 2016 junior national champion in the 1,500-metre event.

"With Gabriela and Lucia, there's been no regression to the mean," says Jamie Stafford, who is chairman of the Department of Statistical Sciences at U of T.

"It's an incredible feeling to have an athlete that the program has developed

right from the very beginning competing in the Olympics," says head coach for the U of T track and field program Carl Georgevski.

Gabriela started out as a junior development athlete in the U of T track and field junior development academy and made her way to becoming a provincial, national and international athlete and, finally, an Olympian.

"It's been a long process, so I really feel proud of her accomplishments and what she's been able to do by sticking with the program, but also with her coach Terry Radchenko, who's been with her right from the very beginning, making sure that she gets the best possible training," says Georgevski.


Assistant Coach Terry Radchenko has coached Gabriela for the past six years and in that time watched her grow as a person and an athlete.

"She is a truly special young woman. Intelligent, motivated, a perfectionist, so tough, with a very big heart. She has improved so much over these past six years. Gabriela's future is very bright both on and off the track."

And, Georgevski agrees, "she is 20 years old. Her peak is going to be in 2020 and 2024."

Georgevski describes Gabriela as the quintessential U of T student-athlete.

"She is an exceptional student and an outstanding athlete. It's so wonderful to have someone like her chasing her Olympic dream at a place like U of T that makes it possible. I feel so proud of what we have accomplished together."

In a dramatic race, Gabriela missed moving on to the next round in the Olympics by 0.38 seconds. —JD 



They dared to dream

Ten KPE and Varsity Blues students and alumni were among the best athletes of the world competing at the Summer Olympic Games in Rio. We couldn't be more proud of their accomplishments and wish them continued success.

Name	U of T Status	Sport
Heather Bansley	Varsity Blues alumna	Beach Volleyball
Josh Binstock	Varsity Blues & KPE alumnus	Beach Volleyball
Alicia Brown	Varsity Blues alumna	Athletics (400m, 4X400m)
Crispin Duenas	Varsity Blues alumnus	Archery (individual-men)
Michelle Li	Varsity Blues & KPE alumna	Badminton
Rosie MacLennan	KPE master's student	Trampoline
Kylie Masse	KPE student, Varsity Blues	Swimming (100m backstroke, 4X100m medley relay)
Gabriela Stafford	Varsity Blues	Athletics (1500m)
Donna Vakalis	PhD student, Varsity Blues	Modern Pentathlon
Kristina Valjas	Varsity Blues alumna	Beach Volleyball

STAYING FIT LIKE AN OLYMPIAN

STRENGTH AND CONDITIONING COACH CORY KENNEDY SHARES HIS TOP FIVE TIPS

If you're an Olympian training at the Institut National du Sport du Québec, chances are you'll cross paths with KPE grad (OT8) and Varsity Blues football alumnus Cory Kennedy. Kennedy is the Head Strength and Conditioning Coach at the Institut, a private, not-for-profit organization that supports all athletes and high-level coaches in Quebec involved in Olympic or Paralympic sports.



Kennedy trained eight athletes bound for the Olympic Games in Rio, including Philippe Gagné, Pamela Ware and Maxim Bouchard on the diving team, Kelita Zupancic and Sergio Pessoa Jr. in judo, Joseph Polossifakis in fencing, Hugo Houle in cycling and Marie-Claude Molnar in paracycling.

Asked about the best part of his job, Kennedy says it's developing really close relationships with the athletes.

"Olympians have to train two to three times a day, so as a coach you get to spend a lot of time with them. Sometimes I know them as well as their families."

What about the challenges?

"Occasionally, the athletes are too stressed or tired or injuries come up, but they have to practise regardless. So, you try to keep all that information and make sure that they still have a positive experience. But, it's not as simple as saying 'to get faster we should do this or that.'"

Kennedy says his KPE degree helps in discerning the best training strategy because it taught him to question things rather than take them at face value.

"My degree in kinesiology provided me with a very good basis in science, and it taught me to think critically."

The practical sessions throughout the four years of his undergrad were also very helpful.


"We practised a lot how to run drills and lead groups. When you have a team of divers of 10 to 11 people, you have to be really confident in what you're doing."

And, his experience as a Varsity Blues football player (Kennedy was team captain from 2004 to 2008) was very helpful, too.

"I took football so seriously and had such a desire to be better for the team that I started to become really curious about the strength and conditioning methods."

This curiosity, coupled with his education, helped him realize that strength and conditioning coaching was what he wanted to do.

Kennedy shared his top five tips for staying fit like an Olympian.

- 1.** Frequency over duration. Being frequently active has a greater accumulative value than doing one long exercise. If you have three hours a week to work out and you either do it once for three hours or twice for an hour and a half vs. six days in a row for half an hour, working out six days in a row for half an hour will have a greater benefit.
- 2.** Exercising outdoors can strengthen multiple systems. For example, hiking activates a cardio vascular response because you're moving quickly and you still get strengthening benefits from climbing a hill. That's very different from just a short jog on flat ground. So, get outdoors.
- 3.** Don't be afraid to ask for help. Some people are afraid to do certain exercises because they've never learned how to do them. Not everyone needs to have a personal trainer, but if you'd like to be able to do a major movement like the squat or lift some weight, take the time to do one or two sessions with a professional and then you can create your own routine.
- 4.** Yoga and other types of movement and stretching routines are really good for maintaining a good quality of life. As we lose flexibility and mobility, everything becomes more difficult and potentially painful. So, even if it doesn't feel like you worked really hard, yoga can still give you a lot of benefit.
- 5.** Everyone buys into training better when they have a challenge, especially if they have a partner, friend or colleague who is willing to take part in it. If you can come up with a challenge, for example to learn a new movement, lose a few pounds or gain a certain amount of weight, you are likely to be more motivated and adhere to a plan. —JD 





From Syria to summer camp

Building community one song at a time

BY KATIE BABCOCK AND JELENA DAMJANOVIC PHOTOGRAPHY BY NICK WONG

As four-year-old Feras and seven-year-old Hoda Morad gleefully dance and wave their arms to the Lion King's "Hakuna Matata," you'd never guess they had arrived in Canada as refugees from war-torn Syria just eight months earlier. But this July, this brother and sister duo had the chance to experience the song's "problem-free philosophy," thanks to a fully funded program offered by Camp U of T.



It's a sunny Friday morning, the last day of Dance and Movement Camp, and along with 25 other children, six instructors and two leaders in training, Feras and Hoda are preparing for their camp's afternoon talent show – a finale in which they can showcase their impressive moves for family and friends.

As the melody of “In Summer” from the movie *Frozen* fills the dance studio, the children spring to life and pirouette around the room. “The other day Hoda was singing and dancing to this song – it's her favourite,” says their mother Ghader Bsmar, through a translator. The children end their rehearsal by forming a tightly knit circle representing the *Lion King*'s “Circle of Life.”

FROM SYRIA TO SAFETY

The Morad family lost everything when they were forced to flee their home in 2013 amidst the turmoil in Homs, Syria. Bombs had destroyed their house, cars and several businesses, and the children's uncle had been killed when he picked up a bomb disguised as a remote-controlled toy car.

They fled to Lebanon. Shortly after arriving they learned that young Feras had leukemia, forcing them to seek medical treatment in Jordan. In December 2015, they made the long journey to Canada.

Like the Morads, many Syrian newcomers have faced similar hardships. Since the civil war started in 2011, more than 250,000 Syrians have lost their lives and more than 11 million have been forced to abandon their homes.

“Back home our children didn't feel safe going out – they used to be scared of the sound of aircraft,” says Ghader. “Now they can see how other children act, have fun and understand what safety feels like.”

Since arriving in Toronto, Feras and Hoda are not only adapting to their new life but are also flourishing. They greet everyone with a wink and a tip of the cap – their signature move. “I want to be a ballet dancer, princess, doctor and a police officer. If somebody needs help, I can help them,” says Hoda.

Her brother, who is recovering well from his medical treatment, adds, “I'm strong and fast.” He sprints around the room, stopping only briefly to count to 10 and say, “I like ball, dinosaurs and Superman.”

MAKING CONNECTIONS AT CAMP U OF T

During their week at camp, Feras and Hoda learned ballet, jazz and hip hop. They used chalk to draw cartoons on the sidewalk, tie dyed T-shirts and played parachute games in the park. “This camp gives our kids an opportunity to practice English and an activity that they can look forward to where they can make friends and form a bond,” says Ghader.

Michael DeGiorgio, who has been Camp U of T's director for eight years, agrees. “The kids are here to have fun, and Feras and Hoda seem to have had a great time. Summer camp is a large part of the Canadian tradition, and it's an ideal opportunity for them to finally enjoy being kids.”

The Dance and Movement Camp Feras and Hoda attended is just one of 31 camps offered by the Faculty. Started over 30 years ago, Camp U of T typically hires 170 instructors and welcomes 600 campers each week throughout July and the first half of August to its four locations: the Athletic Centre, Varsity Centre, Back Campus Fields and the Goldring Centre for High Performance Sport.

While campers can enjoy traditional basketball, soccer and volleyball skills camps, they can also get active through NOT Sports Camp, which offers quidditch, capture the flag, innertube water polo and dodgeball. All of the camps expose campers to a university setting.

“One of the main draws of our camps is our experienced instructors,” says DeGiorgio. “We hire U of T students, including kinesiology students, who understand fundamental movement skills like agility, balance and coordination. They can help campers develop their skills in a customized way.”

The children are not the only ones learning new skills at camp, adds DeGiorgio. “This position has given me a lot of experience with staff supervision, administration and dealing with parents and kids. Every day presents new challenges and I've learned how to become flexible and quickly adapt.”

Leaders in Training (LITs) assist camp instructors. At the start of the summer they attend a week of leadership seminars where they learn how to effectively work with children. “I've learned a lot about communication and teamwork,” says Yara Said, a first-time LIT.

Said worked in the Dance and Movement Camp with Feras and Hoda and acted as a translator for the interview with the Morad family – a testament to the multicultural nature of the city and the camp.



“This camp gives our kids an opportunity to practise English and an activity that they can look forward to where they can make friends and form a bond”

**— Ghader Bsma
Mother of Feras and Hoda**



“When I saw Feras and Hoda, I noticed that they were Syrian. I said ‘Hi, I’m Yara and I can speak Arabic, too.’ Then I met their parents and they told me that they were really happy and felt more at ease because I could speak Arabic.”

Camp U of T has also given Said a sense of belonging. She’s a high school student from Saudi Arabia who spends her summers in Canada and hopes to attend U of T in the future. “Coming here every day makes me feel like I’m part of the community. When a family first moves here, everything is new and they don’t know where to start. Having a routine like school, work or camp helps them feel like they’re a part of this city.”

BUILDING COMMUNITY THROUGH SPORT

That commitment to community was what motivated the Faculty to create a camp experience for the children of Syrian newcomers, says Faculty vice-dean of academic affairs Gretchen Kerr.

Working with a resettlement agency, Lifeline Syria, the Faculty welcomed the Morads along with another Syrian family with three children.

“These children have lost the connection with their homes in the physical sense, but also in the sense of a community. They’ve lost

“These children have lost connection to everything they know, so our primary goal was to give them a sense of feeling connected to something.” — Gretchen Kerr, vice-dean of academic affairs

connection to everything they know, so our primary goal was to give them a sense of feeling connected to something.”

Kerr says social justice and inclusion are among the key values that drive the Faculty’s academic plan and programming. Initiatives such as Camp U of T

are consistent with that philosophy and contribute to a closer integration between the University and the city’s communities.

There are also tangible ways in which sport and physical activity can help children cope with the stress of war and emigration.

Kerr hopes the camp experience will leave the Morad family feeling that Canada, Toronto and U of T are friendly, welcoming and safe spaces where their children can develop the confidence, skills and values that will help them in other aspects of their lives – such as at school.

“A feeling of security is so important because it’s impossible to learn if you are afraid,” says Kerr.

Assistant professor Simon Darnell researches sport for development and peace. He says there are a number of studies that show that a sports program, sports league or some kind of activity-minded sports event can really help people to find a place in a community.

“This can be very important to newcomers of all kinds, but particularly refugees, because they tend to be on the margins of society and often lack any kind of connection to the community when they first arrive,” says Darnell.

Sport becomes one of the ways in which people can develop an understanding of how a community works and how to make connections. However, this doesn’t happen automatically, says Darnell.

“For this kind of social capital to be developed we actually need to be organizing sport in ways that will work towards those goals. One of the ways that can be achieved is by reducing or downplaying the importance of developing elite athletes and organizing sport in ways to make it as inclusive as possible.”

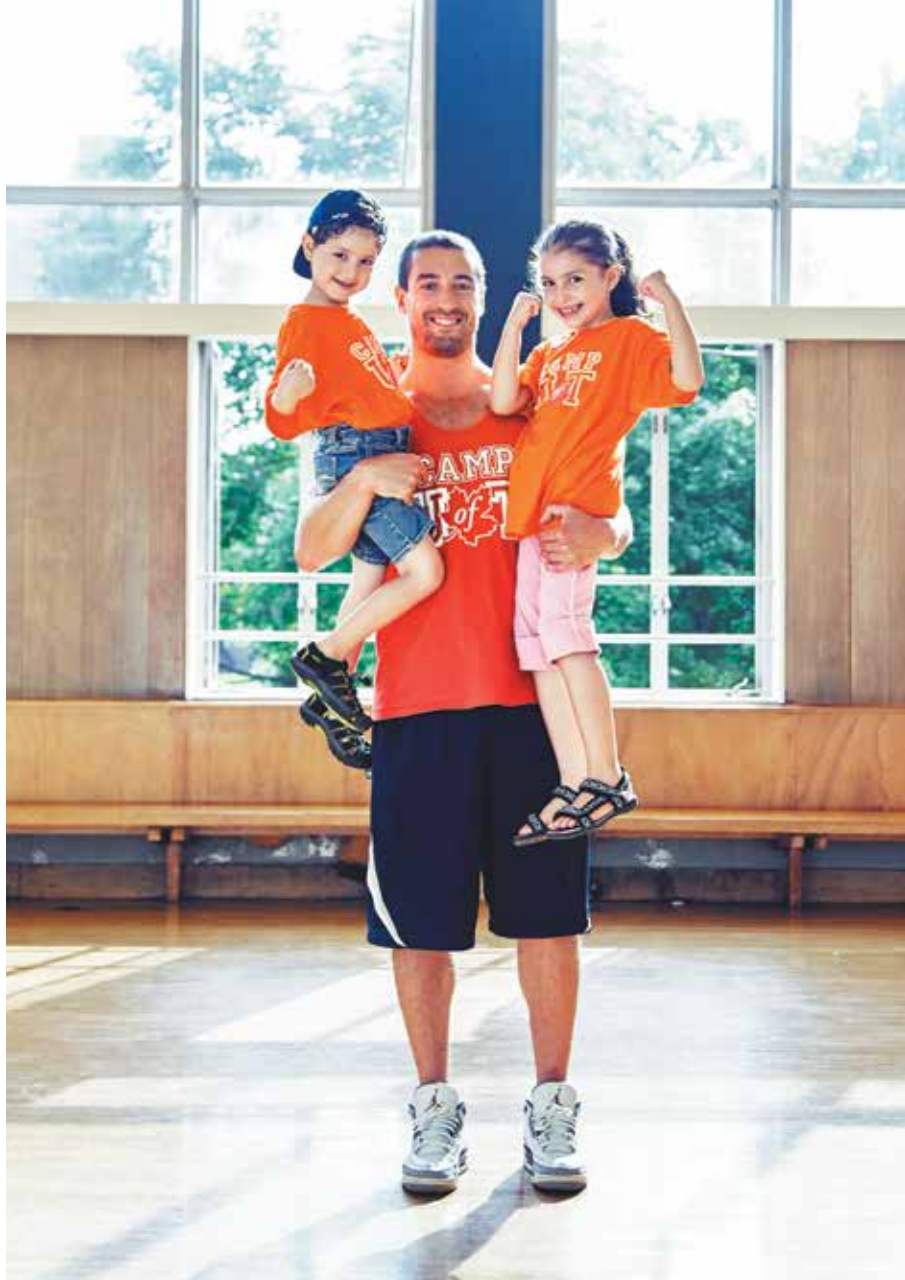
Darnell references the work that was done with the Open Fun Football Schools program, which was developed in the wake of the breakup of Yugoslavia. The program created youth football leagues and a community hub that brought together groups that had previously been in conflict with one another.

“One of the things that stands out for me from that research is how important it was for the children to interact with each other, but also how important it was for their parents. When the children were playing, that was one of the first times that their parents would engage with each other, as well.”

Darnell believes host communities also have much to benefit from initiatives such as those made available through Camp U of T.

“This is a way for all of us to realize that refugees want the same things as us – a community that’s safe where they can live their lives in a productive way.”

A community of diversity is a benefit to everybody, says Darnell.



HAKUNA MATATA! WHAT A WONDERFUL PHRASE

On the afternoon of the last day of Dance and Movement Camp, proud parents and children pack the Dance Studio at the Faculty’s Athletic Centre for the final performance. Feras rests with his parents while watching his sister perform with her group – dressed in her tie-dyed T-shirt and a neon-pink feathered crown.

“I’m so proud of my kids and how they’ve developed during their time here. We know that they’re getting the attention they deserve,” says their mother.

After pirouetting, box stepping and salsa dancing around the room, the campers and instructors take a final bow. Hoda runs up to receive a certificate and high fives her instructors. It’s a simple moment – a worry-free world away from where she and her brother were only months ago.

“I made friends,” says Hoda, her face lighting up. “Feras made two friends, too. We like our friends because they’re friendly.” How little it takes to build a community. **P**

Goodman family three times lucky at KPE

By Elaine Smith

Three generations of Goodman men have walked the halls of what is now the Faculty of Kinesiology and Physical Education at the University of Toronto. Two of them came, learned and took those lessons with them as they forged successful careers outside of U of T. The third, came and stayed, and has been a valued member of the Faculty for 27 years. All three, however, have been involved over the years in educating KPE students about the outdoors.

Jack Goodman (8T1, 8T3, 8T7), a professor of exercise science at U of T, followed in the footsteps of his father, Al (4T9), by earning his undergraduate degree at KPE; he remained to earn a PhD and base his research and teaching at the Faculty. Jack's son, Zack (1T3), later joined his dad at KPE to earn his MSc in exercise science. In addition, Jack's older brother, Len, graduated from the Faculty with a degree in physical and health education and completed his MSc and PhD at UBC.

"Len's studies took him to Vancouver to study, but he eventually returned to Toronto," said Jack, "and he now works for the Department of National Defence. Over the years we've been able to collaborate on some projects, which has been great."

Al, now retired, is thoughtful about the "family tradition": "I'm very pleased that we all earned degrees at the Faculty. I know exactly what happened with my grandson. He saw the great value in the program at U of T and, like Jack did years ago, came to the Faculty to further his education. I'm tickled pink we all shared a similar and positive experience!"

After graduating from U of T, Al taught physical education at Forest Hill Collegiate Institute. Zack

started his own kinesiology practice. However, all three Goodmans have continued to be involved with KPE through Camp New Moon, their family-owned children's summer camp in Muskoka. The camp now serves as the venue for the KPE Outdoor Projects Program, which Jack has directed for 26 years. The program teaches outdoor skills, leadership and teamwork and is mandatory for students during three of their four undergraduate years.

"My love of the outdoors came out of my camp and family experiences," said Jack. "For me, U of T provided two things: the basis for my scientific pursuits – it's where my interest in heart health germinated – and outdoor leadership training that amplified my desire to remain engaged in children's camping."

KPE students, too, learn to love the outdoors and the camp during their tenure at U of T. Even before Orientation Week, incoming KPE students board a bus for Camp New Moon and "four days of a highly structured, student-led outdoor education program," said Jack. "By the time they go home, they are engaged socially and are far ahead of other first-year students in terms of having formed a connection with their classmates."

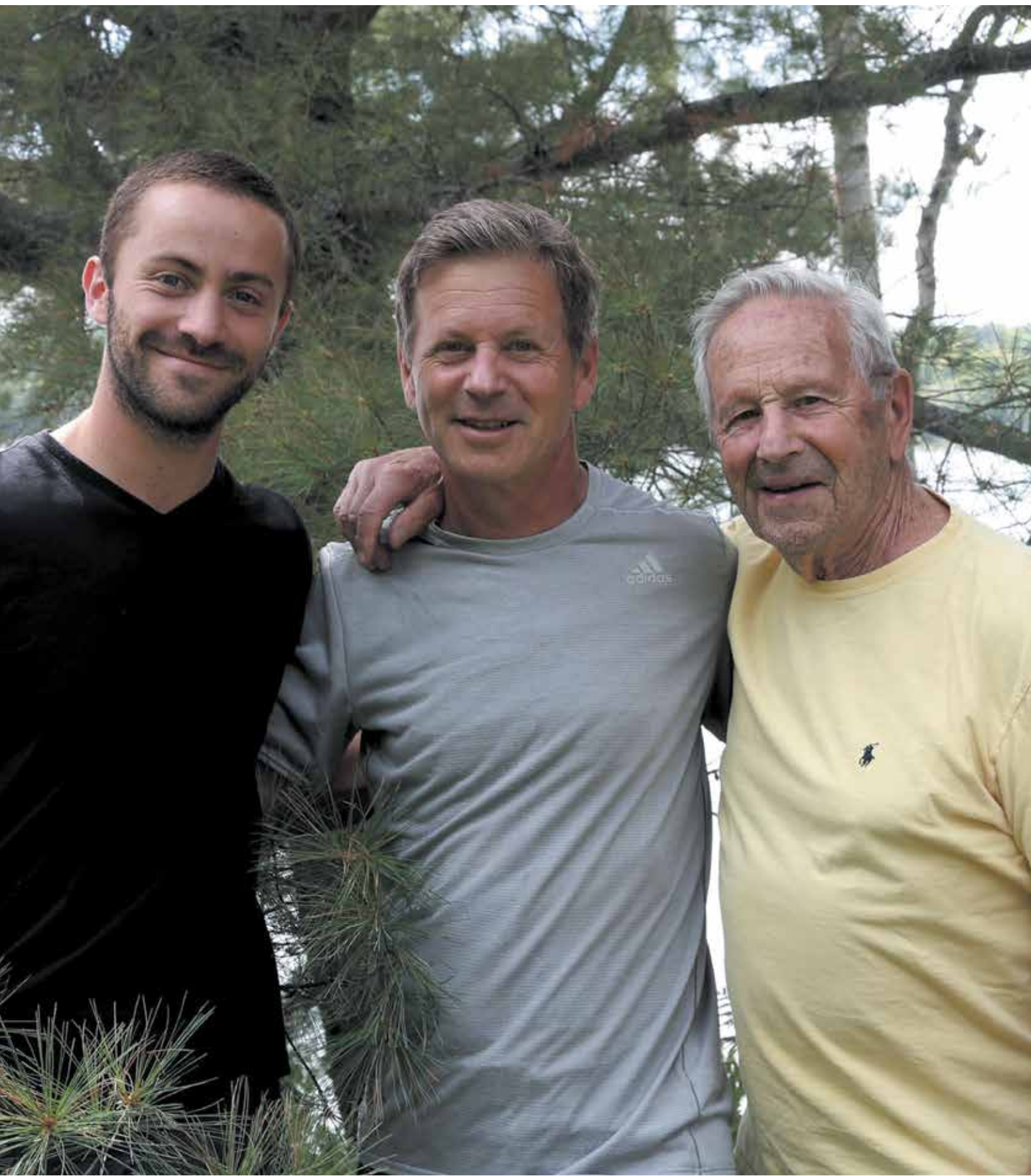
Over the years, Jack has had a ringside seat to watch the Faculty grow and change.

"During my father's generation and up until the early 1980s, the vast majority of the students went into the teaching field or into leadership," he said. "Now, a greater percentage pursue a much broader list of opportunities, from physiotherapy, chiropractic and other allied health professions."

Whether students pursue teaching careers or scientific ones, Jack believes the Faculty has much to offer.

"A kinesiology program offers the best liberal education a student could possibly dream of," he said. "You are exposed to the broad aspects of physical activity from various angles, considering issues specific to sociology, ethics, motor control and biomechanics, physiology and psychology. From here, you are perfectly positioned to go in any direction. What better training ground for being a human being?" P





Scholarship honours former Governing Council chair



Judy Goldring and her family, many of them University of Toronto alumni, have a history of giving back to U of T, including the donation that made the Goldring Centre for High Performance Sport a reality. So, it should come as no surprise that when Goldring stepped down as chair of the University's Governing Council and was asked how the University could recognize her overwhelming contributions, the honour she requested was the establishment of an award at the Faculty of Kinesiology and Physical Education.

The Judy Goldring Entrance Scholarship will be awarded to an incoming, academically talented student who has demonstrated leadership in the community and engagement in sport.

"It is a wonderful honour and I'm very, very flattered," says Goldring. "I wanted the tribute to reflect my experience and my legacy."

"As chair, my volunteerism was rooted in my love of the institution and desire to give back. It made absolute sense to bring the scholarship back to the home of my father's donation to the Goldring Centre. Overall, U of T is an important institution for the Goldring family."

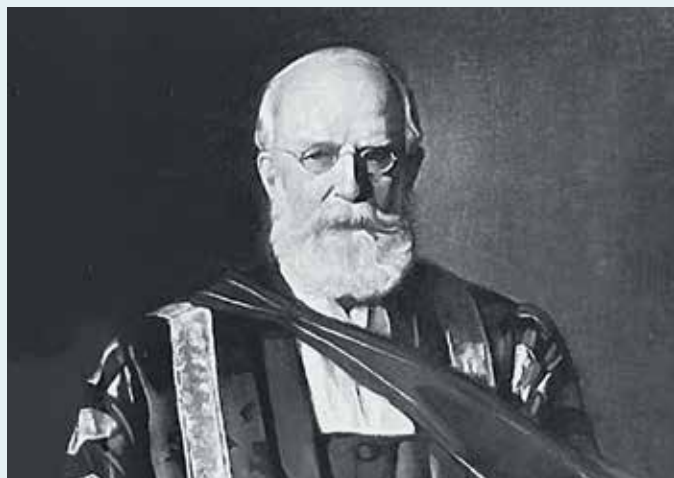
During her tenure as chair, Goldring was a champion of engagement among the governors and between council and the faculty and administration.

"This scholarship reflects back the elements that are important to me," Goldring said.

Goldring is excited about the scholarship and is looking forward to meeting the successful candidate.

"If I can put a face to the scholarship, it will bring things full circle," she says. "I must believe that anyone who meets these touchpoints will be really neat to meet."

—Elaine Smith 



New athletic scholarship to honour memory of U of T giant


The newly created Sir William Mulock Scholarship will be awarded to a member of the Varsity Blues football team for athletic excellence. Established by Mulock's great-great-granddaughter, Debbie Barbour, and family members Jenifer, Lindsay and William Mulock, the scholarship honours the memory and achievements of the first captain of the University of Toronto's football team.

Sir William Mulock was elected to the university senate (the precursor to Governing Council) in 1873 and remained a member for 71 years. Mulock was vice-chancellor from 1881 to 1900 and chancellor from 1924 to 1944. As vice-chancellor, he worked towards establishing the federated system of colleges that U of T now embodies. He was awarded an honorary doctorate in 1894.

"It's amazing to see how the University of Toronto has grown and is recognized on the world stage, and he was instrumental in all of it," said William Mulock, his great-great-grandson.

After graduating from University College in 1863, Mulock studied law and later served as Chief Justice of the Exchequer and Chief Justice of Ontario. He became a Member of Parliament for York North and in 1896 was appointed Canada's postmaster general. He was knighted in 1902 for his service. Mulock also served as Canada's first minister of labour.

His law firm's clients included many commercial ventures, and he was among the founders of two banks that were the ancestors of TD-Canada Trust: the Dominion Bank and Toronto General Trust.

"We're so proud of all his accomplishments that have made Canada a better place," said Mulock. 



Intramurals boss John Robb retires after 37 years of service

John Robb's career in intramurals started to take shape during his undergraduate days at U of T.

"The intramural program opened up a vista of sport opportunities," says Robb. "At different times I played basketball, volleyball, football, hockey, lacrosse, soccer and touch football."

He served on various councils and boards, refereed intramural sports and wrote about sports events for *The Varsity* and *Sportsweek*, winning several intramural championships and campus awards along the way.

After graduating with a degree in physical and health education, and education, he started working in the athletic department at Erindale College, before taking a job in the intramural program on St. George campus. He completed a Diploma of Business Administration from the Rotman School of Management and found time to be an assistant coach with the Varsity Blues men's basketball team.

"I was fortunate to be there for the most successful period ever for the team. We won Ontario once and qualified for the national championship tournament five times."

During that time Robb completed a Master of Education degree specializing in sports administration at Bowling Green State University in Ohio.

In 1998 the new Faculty of Physical Education and Health was formed (now KPE) and Robb became the program manager of the arena, stadium and fields. In 2010, he became manager of intramurals.

"It was a pleasure to work with John and watch the intramural program grow under his leadership," says Jen Leake, acting director of physical activity and equity at the Faculty. "His strong commitment to recreational sports has helped so many students find their community at U of T and build lifelong memories together."

Robb admits he'll miss students the most and recalls the moments when the value of his work hit home.


"I was talking to a U of T grad who had played intramural rugby. He told me plainly that he wouldn't have made it to graduation without that outlet," says Robb. Another graduate dedicated a book he had written about the physics of hockey to his intramural hockey team.

But, students aren't the only ones Robb leaves indebted.

"There is a reason why *The Godfather* theme song is my ringtone for John," says Rose Lin, who worked with Robb for eight years. "It's been such an honour to work with someone with so much knowledge of the intramural program. He helped me discover a career I never thought was possible."

Robb's plans for retirement include playing a lot of golf and doing a bit of travelling. Following the habits of a lifetime, regular workouts will also be part of his schedule, as well as volunteering.

Is there anything he won't miss?

"The meetings," says Robb. —JD 

Your Impact **by the Numbers**

The Faculty would like to thank its donors for their generous contributions during the 2015–16 academic year. As you can see below, each gift makes a difference. A listing of our donors is available online at www.kpe.utoronto.ca.

Thanks to our donors we were able to provide 228 scholarships to students and student-athletes to support their studies, to establish three new scholarships and to raise funds for the Goldring Centre for High Performance Sport. Each of these donations is bringing us closer and closer to our campaign goal and creating more opportunities for physical activity on campus every day.

We could not be more grateful to our donors for their ongoing support. Please join us as we continue to strive for excellence in kinesiology, physical education and sport.

953
donors



712
donors to
athletic
projects



241
donors to
academic
projects

\$3,903,723 raised



\$216,978 for
academic projects and
\$636,040 for athletic
scholarships

26 graduate
scholarships
totalling **\$142,102**

157 athletic
scholarships
totalling **\$432,159**
in student-athlete
funding



\$237,819 donated to Varsity teams
with the Adopt-a-Blue program

\$54.2 million towards
\$58 million Goldring Centre
campaign goal



\$407,774
in sponsorship

100
volunteers

200 gifts
of **\$1,000**
or more

1,720 individuals
who attended our
advancement events



45 undergraduate
scholarships totalling
\$71,078 in student funding

3 new
scholarships
created





Songs, tears and laughter at U of T 2016 Sports Hall of Fame

They hadn't seen each other in 53 years, but when they got the call that their rugby team was being inducted into the University of Toronto Sports Hall of Fame, they flew in from places as far away as Zambia, New Mexico and British Columbia to attend the ceremony.

This was, according to Paul Wilson who addressed the audience on behalf of the Varsity Blues 1959–63 men's rugby team, an evening of nostalgia. Turning back to look at his beaming teammates on the podium, he gleefully volunteered their average age was 78.

"You look at them and you'd never believe they could play rugby," joked Wilson, "but I tell you, they could." In fact, they played so well, they were intercollegiate champions five years in a row. And they still know how to make merry, breaking into a cheerful chant on stage.

There were songs, tears and laughter as U of T welcomed more outstanding athletes, teams and builders into its Hall of Fame on June 2. Addressing friends and families of the 2016 inductees, vice-dean of academic affairs Gretchen Kerr said the U of T Hall of

Fame was an important recognition that U of T's tradition of excellence includes sports.

"This year was another remarkable year for sports at U of T, with the Blues completing an incredible season with four national and ten provincial championship wins," said Kerr. "Tonight we honour the individuals and teams who helped build that tradition of excellence through their outstanding achievements and contributions to athletics."

Marlene Donaldson, a four-year team captain for the Varsity Blues women's rugby team, thanked her family for their unwavering support, but also coach Michèle Bélanger for cutting her from the Varsity Blues women's basketball team. Donaldson turned her sights on rugby instead, becoming the first Varsity Blue to earn CIAU all-Canadian honours in 1998 and a two-time OUA All-Star.

"Being a Varsity Blue connected me to U of T," said Donaldson. "I am still proud of U of T and cherish the lifelong friends I made here."

The Varsity Blues 1995–96 women's basketball team turned out to be a perfect fit for Laurel Johnson, who helped the team win three OWIAA championship titles and two CIAU silver medals, all while earning academic all-Canadian honours. Johnson spoke of the lasting effect university sports had on her life, saying the skills she learned as a basketball player extended into her current work as a psychologist.

Squash and rugby champ Victor Harding, rugby star Brett Hennenfent, champion footballer Mike Raham, water polo Olympian George Gross Jr., basketball star Eddy Meguerian, the 1994–95 men's basketball team and the 1995–96 women's basketball teams all took turns on the stage thanking their families and alma mater for giving them lifelong skills, friendships and memories.

David Wright thanked KPE for expanding the sports program to include mountain biking. Wright is the lead founder of the Varsity Blues mountain bike team and helped to establish 12 university mountain biking teams across the province.



Paul Carson honoured with Thomas R. Loudon Award

Paul Carson dedicated his career to promoting and preserving the rich sports tradition of the University of Toronto. On June 2 at the U of T annual Sports Hall of Fame ceremony, Carson was honoured with the Thomas R. Loudon Award, created by the Athletic Directorate in 1962 to honour outstanding service in the advancement of athletics.

Carson has been associated with the athletics and recreation program at U of T and the OUA/CIS for more than 50 years.

As a student, he was involved with game operations for men's football and hockey, and refereeing intramural sports. Carson was the scorekeeper at the first Vanier Cup in 1965 and Vanier Cup media officer for 19 years, most recently in 2014. He was media officer for the University Cup for seven years and coordinated sports information for 27 Canadian national university championships hosted by U of T between 1973 and 1996. During his career, he was involved in the operation of more than 100 OUA championship events and in 2001 managed media services for Canada at the World University Games in Beijing.

U of T created two awards in Carson's honour: the Paul Carson Student Leadership Award and the Intramural Referee of the Year Award.

In 2004, Carson received a 25-year service award from the College Sports Information Directors of America (CoSIDA) and in 2010 became the first Canadian to receive a CoSIDA lifetime achievement award.

In 2011, he received a U of T Arbor Award in recognition of his lengthy volunteer service to the University, and in 2013, he received the OUA's J.P. Loosemore Award in recognition of his administration contribution to university sport.

Carson is the Chair of the U of T Sports Hall of Fame Selection Committee. —JD 


"Volunteering as a coach enriched my life, but I equally enjoyed seeing students' lives transformed by the sport," said Wright, remembering a 21-year-old man who enrolled in U of T only so that he could become a part of the Blues mountain biking team.

Football coach Harry Griffith, basketball coach John McManus, diver and swimmer Ruth Volpe, tennis and basketball player Ellen Buzek and wrestling champ and fitness administrator Gordon Wright were inducted posthumously, with family members and friends taking to the stage to accept the honours and speak of their legacies.

A legend in his own right, Paul Carson had personally witnessed and chronicled the successes of many of the inductees as U of T's sports information director for more than 25 years. Carson was presented with the Thomas R. Loudon Award for outstanding services in the advancement of athletics.

Wrapping up the evening, acting assistant dean of co-curricular physical activity Beth Ali said it takes a remarkable amount of dedication and perseverance to reach this level of excellence in sport.

"I am overwhelmed at the talent gathered here in this room tonight," said Ali.

You can see the full biographies of the 2016 Hall of Fame inductees and their predecessors on the newly launched website, halloffame.utoronto.ca. —JD 

Spring Reunions



Back row (L to R): Susan McDonnell, Jewell Ritchey, Marilyn Savage, Jack Parker; **Front row (L to R):** Noreen Crifo, Elizabeth Ritchey, Barbara Inglis, Sylvia Parker

5T6

The Faculty welcomed the class of 5T6 back to campus as they celebrated their 60th reunion! Noreen Crifo spearheaded the reunion and was joined by seven others on May 27 for a tour of the Goldring Centre for High Performance Sport (pictured) followed by lunch and an afternoon of reminiscing.



The class of 6T1 at the Goldring Centre for High Performance Sport.

6T1

The joint efforts of class reps Barbara Fox and Doug and Judy Fleming helped bring this group of classmates together from far and wide, including a visitor from Saskatchewan, to celebrate their 55th reunion on May 27. Attendees enjoyed a tour of the Goldring Centre before revisiting old haunts on campus, such as Convocation Hall and the Faculty Club. Unfortunately, Judy Fleming fell ill prior to this reunion. Her presence was truly missed by her classmates. The Faculty regrets to have since learned of Judy's passing, which has been acknowledged in the In Memory section of this publication.



(L to R): Al Caister, Jim McElroy, Jim Wilson, Andy Szandtner, Paul Francis, Ian Dainty

6T6

The men of 6T6 celebrated their 50th reunion with enthusiasm. Initiated by class rep Andy Szandtner, this group of classmates and friends visited campus on May 27 and enjoyed hearing all that the Goldring Centre has to offer students. While they were on campus, the group picked up their 50th-anniversary medals at Con Hall.



6T8

The 6T8 class remains as closely tied as when they walked the halls together, as they demonstrated when they got together for their 48th reunion, June 9, at Cardinal Golf Club. Thank you to Wolf Ruck for providing us with a photo and to Ron Wilson for initiating these gatherings.

Back row (L to R): Wolf Ruck, Robin Campbell, Brian Jones, Terry Thomson, Linda Pamplin, Ron Wakelin, Marilyn Spiers, Rene St. Aubin, Eric Sereda, Dave Church, Ron Wilson; **Front row (L to R):** Betty Beilstein, Rhonda Thrasher, Eleanor Schnall, Sandy White, Hilda Fay, Bev Dello, Karen Millar, Linda Robertson
Note that maiden names are listed for the women of 6T8



9T6

Paul Rebelo got his PHE class together for brunch at the Madison Pub on April 3 to celebrate their 20th anniversary milestone. About 15 alumni and friends came out to catch up. If anyone is interested in future class of 9T6 events, please email paul.rebelo@sympatico.ca.

L to R: Ross Murray, Ed Wright, John Kalantzakos, George Kourtis, Paul Rebelo, Dan Maksymiu, Lisette Pedicelli

Other get-togethers



Women's Rugby

There was reason for the women's rugby alumni to celebrate this past June: Marlene Donaldson (BPHE 0T1) was the first individual athlete from her sport inducted into the U of T Sports Hall of Fame. Marlene travelled to Toronto from BC for the induction ceremony and got together with former teammates and current student-athletes at the Duke of York on June 4. Congratulations to Marlene on her well-deserved induction, and thank you to Katrina Cohen-Palacios for helping to organize this get-together.

Back row (L to R): Gareth Williams, Karlye Wong, Sonia Ralston, Jordyn Orlando, Olivia Roberge, Robyn Feraday, Amanda Sussman, Rachel Pham, Madison Sforza, Kezia Yu, Jenny Linn, Celine Zhang, Remi Long; **Front row (L to R):** Kirsten Groody, Marlene Donaldson, Joanne Mihaly, Jing Kao-Beserve, Erika Nardone, Allison Mihaly, Rosie Lang



The Blues Football Alumni Network (BFAN) Golf Tournament

On August 8, the Blues Football Alumni Network and the Varsity Leadership Foundation hosted their annual golf tournament and dinner at the King Valley Golf Club. Well over 100 guests enjoyed a day of beautiful weather, exciting prizes and good company. Thank you to the sponsors and donors who supported the event.

L to R: David Greenaway, John Goodrow, Mark Bragagnolo, Dan Feraday



Men's Hockey Golf Tournament

More than 50 alumni and friends came out to support the Varsity Blues men's hockey program at their golf tournament on July 6 at Bond Head Golf and Country Club. Thank you to the sponsors and silent auction bidders who contributed to the team.



Women's Hockey Golf Tournament

On September 17 alumni and friends celebrated women's hockey at Angus Glen Golf Club in Markham. Close to 100 golfers enjoyed an afternoon out on the course. After their 18 holes, attendees got a chance to peruse the many silent auction items on offer.



Field Hockey and Men's Rugby Golf Tournament

These two Varsity teams joined forces again this year to run a successful golf tournament on August 28, including friends, family and alumni of both teams, raising \$3,600 in total.

CLASS NOTES



Charles Huang

(New College 1T0, Rowing, Mountain Biking)

This Varsity alumnus represents U of T in a very special way by proudly donning the Blue and White in his DIY Travel Show. The show takes YouTube viewers around the globe to promote the idea that anyone can travel on their own terms and to showcase some of the world's great cultures and destinations. Charles is extremely proud to be a T-Holder and has taken his rowing uniform with him from Africa to the Acropolis, to Machu Picchu and beyond. He truly does #bleedblue.

John Robb

(BPHE 7T7, OISE 7T8)

After more than 35 years of service to U of T sport and recreation, John retired in August. During his time with the Faculty, John held various positions including manager of intramurals and assistant coach of Varsity Blues Men's Basketball. John's assistant coaching days were celebrated in June with a team induction into the U of T Sports Hall of Fame. Best of luck on your next chapter, John! Read more about John in his profile on page 31.

David Bailey

(Pharmacy 6T8, MSc 7T0, PhD 7T3, Track)

2016 marks the 50th anniversary of this track team alumnus and Olympian's historic accomplishment of being the first Canadian to run a mile in under four minutes. David was celebrated in London, Ontario – the city he calls home – on June 17. David was inducted into the U of T Sports Hall of Fame in 1998. The Faculty is proud to have been part of this athlete's amazing history and congratulates him on this milestone.

Henry Monteith

(Trinity 6T7, Hockey)

Congratulations to this standout hockey alumnus for his induction into the Stratford Sports Wall of Fame this year. Henry, who followed his brother, Steve, to the Varsity Blues men's hockey team in the 1960s, made his mark at U of T as an outstanding athlete and was inducted into the U of T Sports Hall of Fame in 1997.

IN MEMORY



Ray Seto

BPHE 6T5, Football

After a long battle with multiple system atrophy, Ray passed away at the age of 73. He was an adventurer with a love for water and cycling who had great skill at the game of football. He had an accomplished career as a student on the Varsity Blues football team and went on to the Royal Canadian Navy reserves after graduation as an officer who enjoyed early-morning rowing in his spare time.

Michael Dzubina

BPHE 4T8, Wrestling

This alumnus passed away after 90 years of life. He pursued teaching upon graduation, rising to the rank of vice-principal and filling the roles of coach and guidance counsellor, as well, along the way. He was a lifelong sportsman, participating in rugby, baseball and skiing – to name just a few – and a nature lover who regularly enjoyed camping and canoeing.

Judith Fleming

BPHE 6T1

A dedicated classmate who worked to keep old friends connected, Judy passed away in August at Sunnybrook Hospital. She loved to learn and educate and, hence, enjoyed a teaching career in

Toronto after her time as a student in the Faculty. Her career as an educator and guidance counsellor was acknowledged with the York Region Board's Silver Fox Award.

Jocelyn Fullerton

BPHE 5T4

After 82 years, Jocelyn passed away in March in her native city of Toronto. She pursued a teaching career in physical education after graduation and later made a change in profession to become a very successful real estate agent. Her active lifestyle reflected the ideals of the Faculty, full of activities such as tennis and badminton and keeping up with communities of which she was a member, including the Alpha Gamma Delta sorority.

Ronald Near

Engineering 6T3, Football

At 75 years young, Ronald passed away unexpectedly. He was a faithful alumnus and fan of the Varsity Blues football team who made sure to get his season's tickets annually and loved bringing his grandson to the games with him at Varsity Centre.

Stefan Tobolka

BPHE 7T9, Water Polo

A prolific Varsity Blues athlete and coach in the 1970s, known on campus as Steve, has passed away at the age of 69. He received both Bronze and Silver T's for his accomplishments and held the notable roles of athlete and coach simultaneously. He was also a member of the Faculty's intramural water polo team.

Catherine (Kit) Windust

BPHE 4T8

Catherine died in her 90th year, having lived a multi-faceted and thrilling life. She was a trained radio operator who travelled the world following the Second World War to work with the Red Cross, where she met her husband. She eventually settled in the UK and began a teaching career. Upon retirement, she returned home to Canada's Rice Lake and embarked on a career as a pewterer while continuing to be active with the sports she loved throughout her life, including cycling, sailing, tennis, cross-country skiing and swimming. She spent her later years travelling the US and Canada with her sister.

Our condolences to family and friends.

A Trophy for the Ages

BY ELAINE SMITH

In 1894, two years after the Stanley Cup was first awarded, the University of Toronto's intramural tackle football champions first hoisted the Mulock Cup aloft. Each year since then, the Mulock Cup has been the prize that the intramural teams strive for, making it the longest continuously awarded championship trophy in Canada. When the intramural tackle football league was disbanded in 1993, the cup became the honour of the intramural rugby champions.

The Mulock Cup is named for Sir William Mulock, who served as the elected Vice-Chancellor of the University of Toronto from 1881–1900 and Chancellor from 1924 until his death in 1944, at the age of 100. Mulock was also the first captain of the University of Toronto's football team. In fact, in 1861, Mulock had the honour of playing the first football games ever recorded at U of T.

Vice-Chancellor Mulock was approached for a donation towards establishing the trophy and had a ready answer. "Get a good one and send the bill to me," Mulock reportedly said, and a tradition was born.

Students from the Faculty of Medicine were the first to win the Mulock Cup in 1895; most recently, it was awarded to Engineering.

"To be honest, I never knew the Mulock Cup has the history it's got," Kenny Wong, then the third-year captain of the St. Michael's College rugby team, told *The Varsity* in 2011. "Looking back on it, it's a lot of history, a lot of tradition, and certainly something a lot of the colleges take a lot of pride in." **P**



PHOTO/ JOEL JACKSON

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