

The HONDAway

2013 Honda Way Basketball Weekend



October 25 – 26, 2013
at the Envision Athletic Centre



UFV Cascades Athletics



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M/W Rowing
M/W Soccer
M/W Golf
M/W Volleyball
M/W Basketball

Saturday, September 28
Friday, October 4
Saturday, October 5
Friday, November 8
Saturday, November 30

Cascades v Alumni
Women v Calgary
PACWEST Tournament 4
VIU Mariners
UBC Thunderbirds

8am (Fort Langley Rowing Club, Fort Langley, BC)*
5pm & Men v Victoria 7:15pm (Exhibition Field-Chilliwack, BC)
9am(Chilliwack Golf & Country Club)
6pm Women / 8pm Men (EAC)
Women 5pm / Men 7pm (EAC)

*Please note Rowing BBQ will be part of Alumni Day festivities at Envision Athletic Centre.

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ALUMNI ASSOCIATION

Contact Helen Hughes,
Partnerships and Events
Coordinator, 604-557-4008,
Email: helen.hughes@ufv.ca

www.ufvcascades.ca

UFV Cascades Athletics
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UNIVERSITY
OF THE FRASER VALLEY



The **HONDA**way 2013 Honda Way Basketball Weekend

Date:	October 25 – 26, 2013
Site:	Envision Athletic Centre (Abbotsford, BC)
Campus:	University of the Fraser Valley

Address and Venue

Envision Athletic Centre,
33844 King Road, Abbotsford, BC, V2S 7M8

Phone: 604-557-4041

Web Site: www.ufvcascades.ca

Tournament Title Sponsor

The Honda Way
30150 Automall Drive
Abbotsford, BC V2T 5M1
604-857-1430
www.hondaway.com

Tournament Sponsors

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- Abbotsford News Newspaper (Abbotsford, BC)
- Panago Pizza (Abbotsford, BC)
- Powerade Canada (Toronto, Ontario)

Tournament Photographer

Contact: Bob McGregor

Phone: 604-864-8467

Email: bob@treefrogimaging.com

Web Site: www.treefrogimaging.com

Tournament Hotel

Ramada Plaza & Conference Centre
36035 North Parallel Road, Abbotsford, BC V3G 2C6

Phone: 1-888-411-1070

Contact: Christine Lane and Chrissy Nicholson



WELCOME!

On behalf of the University of the Fraser Valley Department of Athletics, we extend a warm welcome to the student-athletes, coaches and fans attending the 2013 Honda Way Basketball Weekend.

We wish our opponents Langara, UBC-O, Capilano and Brock the very best this weekend. I would like to thank our sponsors The Honda Way, Ramada Plaza & Conference Centre, Campus Publications, Abbotsford News and Panago Pizza for their continued support.

Whether this is your first visit to the Envision Athletic Centre (UFV) or you have been here before, we hope your visit will be an enjoyable one. Sincerely, Rocky Olfert Athletic Director UFV Cascades

Sincerely,

Rocky Olfert
Athletic Director, UFV Cascades

Competition Schedule

Friday, October 26

5:00PM	Game One	UFV vs UBC-O (Women)
7:00PM	Game Two	UFV vs Capilano (Men)

Saturday, October 27

4:00PM	Game One	Brock vs UFV (Women)
6:00PM	Game Two	Langara vs UFV (Men)



Contacts

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Adam Friesen	Head Coach Men's Basketball	604-851-6310	adam.friesen@ufv.ca
Al Tuchscherer	Head Coach Women's Basketball	604-557-6626	al.tuchscherer@ufv.ca



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The HONDAway 2013 Honda Way Basketball Weekend



Head Coach
Adam Friesen

Assistant Coaches
Kyle Graves
Kyle Grewal

University of the Fraser Valley Cascades Men's Basketball Roster									
#	Name		Pos	Ht	Elig	Prgram	Yr	Hometown	Last Team
1	Aaron	McGown	G	6-0	3	Business	2	Toronto, ON	Lakeland College
2	Manjodh (Manny)	Dulay	G	6-3	2	KPE	1	Surrey, BC	UFV
3	Kevin	Ford	G	6-0	3	Gen Studies	1	Kent, WA	Columbia Bible College
4	Klaus	Figueredo	G	6-0	5	Gen Studies	4	St. Albert, AB	UFV
6	Gurminder	Kang	G	6-1	2	Business	1	Abbotsford, BC	Quest University
8	Jasper	Moedt	P	6-7	4	BA (Crim)	4	Abbotsford, BC	UFV
11	Kevon	Parchment	G	6-3	3	KPE	2	Toronto, ON	Lakeland College
13	Kadeem	Willis	F	6-4	4	Business	1	Toronto, ON	Lakeland College
14	Amrit	Gill	P	6-7	2	KPE	2	Port Albernie, BC	Simon Fraser University
15	Hudson	Simon	P	6-7	1	Crim	1	Toronto, ON	UFV
Staff									
Athletic Therapist: Tyne Campbell			Sport Psychology: Roger Friesen				Trainer: Jeremy Moore		



Head Coach
Selby Dwayne

Assistant Coaches
Tyler Lutton
Andre Grant

Capilano University Blues Men's Basketball Roster							
#	Name		Position	Ht.	Year	Hometown	High School
4	Pagbilao	Gino	Guard	5'6"	1	Burnaby	Burnaby North Secondary
5	Liang	Warren	Forward	6'5"	3	Vancouver	Sir Charles Tupper Secondary
7	Phills	Hassan	Guard	6'4"	1	Toronto, ON	Ontario High School
8	Leong	John	Guard	5'11"	3	North Vancouver	Handsworth Secondary
9	Morris	Andrew	Forward	6'6"	1	Burnaby	St. Thomas More Collegiate
10	Dubois	Daniel	Forward	6'6"	2	Vancouver	Kitsilano Secondary
11	Wera	Lukas	Forward	6'5"	5	Vancouver	Killarney Secondary
12	Zhang	Sai	Guard/Forward	6'4"	3	Pitt Meadows	Pitt Meadows Secondary
13	Lewis	Asher	Guard	6'1"	2	Ajax, ON	Ontario High School
15	Hunter	Michael	Guard	6'3"	2	Kent, WA	Washington High School
21	Palma	Nigel	Guard	5'10"	5	Vancouver	Vancouver College
22	Plumb	Colin	Forward	6'4"	3	Pitt Meadows	Pitt Meadows Secondary
23	Rowe	Tony	Guard	6'0"	2	Santa Monica, CA	California High School



Head Coach
Paul Eberhardt

Assistant Coaches
Jordan Mottl
Paul Naka
Rob McClelland
Clint Wickham

Manager
Kim Nguyen

Langara College Falcons Men's Basketball Roster							
/	Last Name	First Name	Position	Ht.	Year	Hometown	High School
4	Ruby	Glen	Guard	6'2"	4	Cloverdale, BC	Clayton Heights
5	Kim	Daniel	Guard	6'0"	2	Seoul, South Korea	Charles Tupper
6	Greig	Brody	Guard	6'3"	4	Richmond, BC	McMath
7	Ling-Lee	Garrett	Forward	6'4"	4	Vancouver, BC	Vancouver College
8	Appiah	Martin	Guard	5'9"	2	Vancouver, BC	Winston Churchill
9	Neumann	Max	Guard	6'4"	1	Maple Ridge	Maple Ridge
10	Hobden	Daniel	Guard	6'1"	4	Cowichan	Cowichan
11	Lohcham	Jitinder	Forward	6'7"	4	Vancouver, BC	David Thompson
12	Parmar	Manpreet	Forward	6'5"	2	Vancouver, BC	Winston Churchill
13	Madewan	Jamie	Guard	6'5"	1	Richmond, BC	RC Palmer
14	Mason	Elliot	Gd/Fwd	6'6"	4	Richmond, BC	JN Burnett
15	Williams	Devante	Guard	6'0"	1	Toronto, Ontario	Northview Heights
20	Madewan	Matt	Gd/Fwd	6'4"	4	Richmond, BC	RC Palmer
25	Mushiana	Jesse	Forward	6'8"	1	Vancouver, BC	Winston Churchill
30	Jhauj	Nick	Guard	6'4"	R/S	Surrey, BC	Enver Creek

University of the Fraser Valley Cascades Women's Basketball Roster										
#	Name		Pos	Ht	Elig	Course	Yr	Hometown		Last Team
1	Nataliia	Gavryliuk	Forward	5-11	2	General Studies	2	Kiev, Ukraine		Odessa College
2	Kendra	Arnold	Guard	5-6	1	General Studies	2	Abbotsford	BC	University of Victoria
3	Aieisha	Luyken	Guard	5-8	5	Bachelor of Kinesiology	4	Mission	BC	Mission Secondary
4	Courtney	Bartel	Guard	5-9	5	Bachelor of Kinesiology	4	Chilliwack	BC	Chilliwack Secondary
5	Sarah	Wierks	Forward	6-2	4	Bachelor of Kinesiology	3	Chilliwack	BC	Chilliwack Secondary
6	Kaitlyn	McDonald	Guard	5-9	1	Bachelor of Kinesiology	1	Chilliwack	BC	GW Graham Secondary
7	Kayli	Sartori	Forward	6-0	3	General Studies	2	Chilliwack	BC	MJ Mouat Secondary
8	Shayna	Litman	Forward	5-11	2	Business	1	Coquitlam	BC	Centennial Secondary
9	Tessa	Hart	Guard	5-8	4	Bachelor of Arts	3	Mission	BC	Mission Secondary
10	Nicole	Wierks	Forward	5-10	5	Bachelor of Science	4	Chilliwack	BC	Chilliwack Secondary
11	Celeste	Dyck	Guard	5-6	4	Business	2	Abbotsford	BC	Yale Secondary
12	Kaitlyn	Brink	Forward	6-1	2	Bachelor of Arts	2	Abbotsford	BC	MJ Mouat Secondary
14	Hailey	Kendall	Guard	5-8	1	Criminal Justice	1	Abbotsford	BC	Yale Secondary
15	Samantha	Kurath	Forward	6-2	5	Bachelor of Arts	4	Abbotsford	BC	WJ Mouat Secondary
RS	Jaslyen	Singh	Guard	5-6	3	Bachelor of Science	2	Abbotsford	BC	WJ Mouat Secondary
RS	Sara	Kurath	Forward	5-11	1	General Studies	2	Abbotsford	BC	Kwantlen Polytech. U.

Brock University Badgers Women's Basketball Roster							
#	Name		Pos	Ht	Year	Major	Hometown
3	Dayna	Howlett	G	6-0	So.	Health Science	Burlington, Ont.
4	Andrea	Polischuk	G	5-10	Sr.	Business	Brantford, Ont.
5	Nicole	Rosenkranz	F	6-1	Sr.	Humanities	Niagara Falls , Ont.
6	Katie	Harpur	F	5-11	Jr.	Physical Education	Niagara on the Lake, Ont.
7	Kayla	Santilli	G	5-10	Jr.	Youth Studies	Brantford, Ont.
8	Jenilyn	Yumol	G	5-8	Jr.	Health Science	London, Ont.
9	Alexandra	Symonds	G	5-9	Fr.	Medical Sciences	Pelham, Ont.
10	Annie	McNeely	G	5-9	Sr.	Kinesiology	Kingston, Ont.
11	Samantha	De Jong	F	6-0	Sr.	Media & Communication Studies	St Catharines, Ont.
12	Gerda	Kruckauskaite	G	5-9	Fr.	Business	Alytus
12	Rebecca	Ralph	F	5-9	Jr.	Medical Sciences	Ancaster, Ont.
15	Shanice	Govia	G	5-5	So.	Health Science	Calgary, AB
22	Kira	Cornelissen	F	6-0	Fr.	Kinesiology	Aylmer, Ont.
23	Laura	Kayser	G	5-8	So.	Nursing	Smiths Falls, Ont.

UBC Okanagan Heat Women's Basketball Roster							
#	Name		Pos	Ht	Elig	Major	Previous Team (High School)
2	Emily	Kanester	G	5-6	3	Science	Vernon Secondary
4	Jessica	Jazdarehee	G	5-8	2	Science	Gleneagle Secondary
5	Shenelle	Tamminen	W	5-10	1	Arts	Bishop O'Byrne
6	Krystal	Schouten	P	6-1	4	Human Kinetics	River East Collegiate
7	Julia	Reichert	P	6-2	1	Arts	Princeton Secondary
8	Kayla	McFadden	P	6-0	2	Arts	Archbishop Carney Secondary
9	Laura	Marcolin	G	5-8	3	Management	University of Prince Edward Island
10	Olivia	Johnson	G	5-6	1	Human Kinetics	Immaculata Regional
11	Sarah	Allison	G	5-10	3	Human Kinetics	University of Calgary
12	Tia	Sadler	G	5-8	3	Fine Arts	Golden Secondary
13	Claire	Elliott	G	5-7	1	Nursing	Argyle Secondary
15	Angela	White	G	5-7	4	Human Kinetics	Handsworth Secondary



Head Coach
Al Tuchscherer
Assistant Coaches
Anthony Luyken
Sean Bosko
Alexa McCarthy
Denise Tuchscherer

Athletic Therapist:
Tyne Campbell
Sport Psychology:
Roger Friesen
Strength & Conditioning:
Yoshia Burton
Trainer: **Chloe Chapman**
Manager: **Katherine Levett**



Head Coach
Si Khounviseth
Head Athletic Therapist
Joe Kenny



Head Coach
Heather Semeniuk
(20th season)
Assistant Coaches
Darren Semeniuk
Bobby Mitchell
Strength & Conditioning
Coach
Heather Corliss
Athletic Therapist
Jeff Thorburn

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2013-2014 UFV CASCADES M/W BASKETBALL THEME NIGHTS

Fall, 2013			
Friday, November 1	Lethbridge	6pm/8pm	Opening Night-unveiling new Sasq 'ets custom-hand out UFV Cascades M/W posters
Saturday, November 2	Calgary	5pm/7pm	
Friday, November 15	Mt. Royal	6pm/8pm	"Abbotsford Food Bank Night" in conjunction with Abbotsford Heat
Saturday, November 16	Mt. Royal	5pm/7pm	"Abbotsford Food Bank Night" in conjunction with Abbotsford Heat
Friday, November 29	UBC	6pm/8pm	
Saturday, November 30	UBC	5pm/7pm	UFV M/W Parents' Basketball Night-UFV M/W Alumni Night
Winter, 2014			
Friday, January 24	UBC-O	6pm/8pm	"Welcome Back to School Night"
Saturday, January 25	UBC-O	5pm/7pm	Abbotsford/Fraser Valley Mental Health Night
Friday, January 31	Regina	6pm/8pm	UFV Cascades Varsity Athletics, Coaches and Staff night
Saturday February 1	Brandon	5pm/7pm	"CIS Shoot for the Cure Night" - Fight Breast Cancer
Saturday, February 15	TWU	5pm/7pm	UFV Cascades M/W Basketball Senior Night

NOTE: Both Panago Pizza and Pita Pit will run food theme nights in conjunction with one of the other theme nights, one in the fall and one in the winter semesters. Plus UFV Athletics Tailgate BBQ's at Baker House one hour prior to start of women's basketball game each night.



Celebrating 30 Years of Cascades Athletics

WOMEN'S BASKETBALL

Inaugural year: 1983

One of the two founding programs at Fraser College 30 years ago, the Cascades competed in the BCCAA the first 22 years appearing in the CCAA national championship game six times (1992, 1994-1996, 2001 and 2005) and then moved to the CIS and became a member of Canada West where they earned the 2013 Bronze Medal and represented the conference at the 2013 CIS "Final 8" National Championship tournament in Regina, Saskatchewan.

The Cascades have been coached by six different people over the years, Pat Lee, Colin Taylor, Brian Downey, Mike Hind, Sandy Chambers and presently by Al Tuchscherer. It was under Al Tuchscherer's guidance that UCFV earn four CCAA national silver medals.

The UFV Cascades Women's Basketball team compete in Canada West and CIS. The Basketball season runs from September to March, and the team plays its home games in the Envision Athletic Centre.

Present CIS Ranking: 7th

Present CW Ranking: 3rd

2012-13 Regular Season Record: 18-4

2012-13 Regular Season Standings: 1st (Pacific Division)

2012-13 Playoff Record: 3-4 / Canada West

Last CW Championship: N/R

Last CIS Appearance: 2012-13 "Final 8" in Regina, Saskatchewan

MEN'S BASKETBALL

Inaugural year: 1983

One of the two founding programs at Fraser Valley College 30 years ago, the Cascades competed in the BCCAA the first 22 years winning three CCAA national Championships (2000, 2002 and 2004) and then moved to the CIS and became a member of Canada West where they earned the 2011-12 Silver Medal and represented the conference at the 2012 CIS "Final 8" National Championship tournament in Halifax, Nova Scotia.

The Cascades have been coached by seven different men over the years, Sam Vandermeulen, Brian Fichter, Thomas Antil, Mike McNeil, Pat Lee, Barnaby Craddock and presently Adam Friesen. It was under Pat Lee's guidance that UCFV won the three CCAA national titles.

The UFV Cascades Men's Basketball team compete in Canada West and CIS. The Basketball season runs from September to March, and the team plays its home games in the Envision Athletic Centre.

Present CIS Ranking: N/A

Present CW Ranking: 4th

2012-13 Regular Season Record: 12-10

2012-13 Regular Season Standings: 4th (Pacific Division)

2012-13 Playoff Record: 2-3 / Canada West

Last CW Championship: N/R

Last CIS Appearance: 2011-12 "Final 8" in Halifax, NS



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