

November, 2013 — Regular Season

MEN'S BASKETBALL

Friday, November 1 @ 8 p.m. vs. Lethbridge  
Saturday, November 2 @ 7 p.m. vs. Calgary



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: <b>Tyne Campbell</b>                         |                 |           |     | Sport Psychology: <b>Roger Friesen</b> |      |             |    | Trainer: <b>Jeremy Moore</b> |                         |



Head Coach  
**Mike Hansen**  
(1<sup>st</sup> season)  
Assistant Coaches  
**Rick Pawlack**  
**Ryan Anderson**  
**Jordan Reiter**  
**Denver Corbiere**  
Athletic Trainer  
**Kelsey Gillette**  
Student Trainer  
**Brennan Grover**

| University of Lethbridge Men's Basketball Roster |                 |     |      |     |      |                |    |                       |                            |
|--------------------------------------------------|-----------------|-----|------|-----|------|----------------|----|-----------------------|----------------------------|
| #                                                | Name            | Pos | Ht   | Wt  | Elig | Major          | Yr | Hometown              | Previous Team              |
| 1                                                | Brandon Brine   | F   | 6-6  | 229 | 3    | B.Sc.          | 1  | Adelaide, Australia   | South Australia ABA        |
| 2                                                | Chris Thomson   | F   | 6-5  | 180 | 2    | B.Arts         | 2  | Chilliwack            | Lethbridge College Kodiaks |
| 4                                                | Lynden Nummi    | PG  | 5-8  | 170 | 3    | Pre B.Sc/B.Ed  | 1  | Lethbridge, AB        | Lethbridge College Kodiaks |
| 5                                                | Dallon Martin   | PG  | 5-10 | 175 | 5    | B. Mgmt.       | 3  | Rocky View County, AB | Lethbridge College Kodiaks |
| 6                                                | Spencer Lambert | G   | 6-1  | 167 | 1    | B.Mgt          | 1  | Lethbridge, AB        | Frontenac Secondary School |
| 7                                                | Logan Reiter    | PG  | 6-2  | 185 | 5    | B. Mgmt.       | 3  | Lethbridge, AB        | Lethbridge College Kodiaks |
| 8                                                | Jason Nysten    | F   | 6-4  | 205 | 2    | Post Dip B.Sc. | 3  | Carstairs, AB         | Olds College Broncos       |
| 9                                                | Trey Wilson     | F   | 6-9  | 215 | 2    | B.Sc.          | 1  | Saskatoon, SK         | Olds College Broncos       |
| 10                                               | Morgan Duce     | G   | 5-11 | 175 | 5    | B.Sc.          | 4  | Raymond, AB           | Lethbridge College Kodiaks |
| 11                                               | Jared Baker     | F   | 6-2  | 182 | 3    | B.Sc           | 2  | Raymond, AB           | Lethbridge College Kodiaks |
| 12                                               | Rob Olsen       | G   | 6-2  | 190 | 3    | B.Sc.          | 2  | Cardston, AB          | Lethbridge College Kodiaks |
| 13                                               | Brent Watkins   | C   | 6-10 | 240 | 3    | B.Sc.          | 1  | Temple City, CA       | Citrus College             |
| 14                                               | Alex Fletcher   | G   | 6-1  | 185 | 5    | B.Arts         | 4  | Merced, CA            | Fresno City College        |
| 15                                               | Spencer Wenzel  | C   | 6-8  | 205 | 5    | B.Sc/B.Ed      | 4  | Calgary, AB           | Lethbridge College Kodiaks |



Head Coach:  
**Dan Vanhooren**  
(14<sup>th</sup> season)  
Assistant Coaches  
**Jackson Parker**  
**Blaine Miciak**  
Shooting Coach  
**Dave Love**  
Strength & Conditioning  
**Rich Hesketh**  
Manager  
**Dean McCord**

| University of Calgary Dinos Men's Basketball Roster |                          |     |     |     |      |               |    |                   |                               |
|-----------------------------------------------------|--------------------------|-----|-----|-----|------|---------------|----|-------------------|-------------------------------|
| #                                                   | Name                     | Pos | Ht  | Wt  | Elig | Major         | Yr | Hometown          | Previous Team                 |
| 1                                                   | John (LJ) Hegwood        | G   | 6-4 | 190 | 2    | Open Studies  |    | Calgary, AB       | City College of San Francisco |
| 2                                                   | Jordan Handel            | G   | 6-4 | 190 | 2    | Business      | 1  | Red Deer, AB      | Notre Dame                    |
| 3                                                   | Jarred Ogungbemi-Jackson | PG  | 5-9 | 160 | 4    | Arts          | 3  | Winnipeg, MB      | Garden City Collegiate        |
| 5                                                   | Jasdeep Gill             | G   | 6-5 | 200 | 2    | Business      | 1  | Chestermere, AB   | Chestermere                   |
| 6                                                   | Dallas Karch             | F   | 6-5 | 195 | 2    | Business      | 1  | Calgary, AB       | Henry Wise Wood               |
| 7                                                   | Josh Turner              | G   | 6-4 | 190 | 2    | Arts          |    | Auburndale, FL    | College of Marin              |
| 8                                                   | Johny Verrone            | G   | 6-0 | 195 | 1    | Arts          |    | Montreal, QC      | Vanier College                |
| 9                                                   | Josh Owen-Thomas         | G   | 6-1 | 185 | 3    | Arts          | 1  | Adelaide, SA, AUS | London Leopards               |
| 10                                                  | Geoffrey Noble           | F   | 6-5 | 210 | 3    | Grad. Studies |    | W. Vancouver, BC  | McMaster Univ.                |
| 11                                                  | Matt Letkeman            | F   | 6-7 | 225 | 3    | Kinesiology   | 3  | Abbotsford, BC    | Yale                          |
| 12                                                  | Emmett Cook              | G   | 6-3 | 200 | 1    | Arts          |    | Calgary, AB       | Sir Winston Churchill         |
| 13                                                  | Philip Barndt            | F   | 6-6 | 190 | 4    | Education     |    | Billings, MT, USA | Rocky Mountain College        |
| 14                                                  | Brett Burley             | F   | 6-8 | 250 | 2    | Open Studies  |    | Victoria, BC      | Wichita State Univ.           |
| 15                                                  | Clay Mulumba Mbayi       | F   | 6-6 | 232 | 4    | Arts          | 3  | Montreal, QC      | Palm Beach Atlantic Univ.     |

UFV Basketball Home Schedule

| Day      | Date   | Opponent   | Women | Men  |
|----------|--------|------------|-------|------|
| Friday   | Nov 1  | Lethbridge | 6:00  | 8:00 |
| Saturday | Nov 2  | Calgary    | 5:00  | 7:00 |
| Friday   | Nov 15 | Mt Royal   | 6:00  | 8:00 |
| Saturday | Nov 16 | Mt Royal   | 5:00  | 7:00 |
| Friday   | Nov 29 | UBC        | 6:00  | 8:00 |
| Saturday | Nov 30 | UBC        | 5:00  | 7:00 |
| Friday   | Jan 24 | UBCO       | 6:00  | 8:00 |
| Saturday | Jan 25 | UBCO       | 5:00  | 7:00 |
| Friday   | Jan 31 | Regina     | 6:00  | 8:00 |
| Saturday | Feb 1  | Brandon    | 5:00  | 7:00 |
| Saturday | Feb 15 | TWU        | 5:00  | 7:00 |



UFV Cascades Athletics @ufvcascades

www.ufvcascades.ca

November, 2013 — Regular Season

WOMEN'S BASKETBALL

Friday, November 1 @ 6 p.m. vs. Lethbridge  
Saturday, November 2 @ 5 p.m. vs. Calgary



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

| 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.  |
| Staff                                                              |          |           |         |      |      |                                        |    |                                  |    |                        |
| Athletic Therapist: <b>Tyne Campbell</b>                           |          |           |         |      |      | Sport Psychology: <b>Roger Friesen</b> |    |                                  |    |                        |
| Strength & Conditioning: <b>Yoshia Burton</b>                      |          |           |         |      |      | Trainer: <b>Chloe Chapman</b>          |    | Manager: <b>Katherine Levett</b> |    |                        |



Head Coach  
**Erin McAleenan**  
(2<sup>nd</sup> season)  
Assistant Coaches  
**Claire Meadows**  
**Kim Hall**  
**Beth Anderson**

| University of Lethbridge Women's Basketball Roster |                   |     |      |      |                                         |    |                |                                |
|----------------------------------------------------|-------------------|-----|------|------|-----------------------------------------|----|----------------|--------------------------------|
| #                                                  | Name              | Pos | Ht   | Elig | Major                                   | Yr | Hometown       | Previous Team                  |
| 3                                                  | Sara Simovic      | G   | 5-8  | 1    | B.Sc                                    | 1  | Nanaimo, BC    | Wellington Secondary School    |
| 4                                                  | Ali Cameron       | G   | 5-4  | 4    | B.Arts                                  | 2  | Carstairs, AB  | SAIT Trojans                   |
| 5                                                  | Erin James        | G   | 5-8  | 1    | Pre B.A./B.Ed.                          | 1  | Calgary, , AB  | Bishop O'Byrne High School     |
| 6                                                  | Taylor Crozon     | G   | 5-10 | 3    | B.F.A.(New Media)                       | 4  | Humboldt, SK   | Humboldt Collegiate Institute  |
| 7                                                  | Larsyn Webster    | G   | 5-3  | 1    | B.Sc.                                   | 1  | Cardston, AB   | Cardston High School           |
| 8                                                  | Zoe Dahl          | G   | 5-8  | 1    | B.A.                                    | 1  | Calgary, AB    | Henry Wise Wood High School    |
| 9                                                  | Kendra Lee        | G   | 5-8  | 1    | B.Sc.                                   | 1  | Courtenay, BC  | G.P. Vanier Secondary          |
| 10                                                 | Mariah Miller     | F   | 5-10 | 1    | B.Arts                                  | 1  | Lethbridge, AB | Catholic Central High School   |
| 13                                                 | Katlyn Olsen      | G   | 5-6  | 5    | B.Arts                                  | 4  | Welling, AB    | Red Deer Queens                |
| 14                                                 | Kimberley Veldman | F   | 6-2  | 4    | B. Nursing                              | 4  | Lethbridge, AB | Immanuel Christian High School |
| Staff                                              |                   |     |      |      |                                         |    |                |                                |
| Athletic Trainer: <b>Kelsey Gillette</b>           |                   |     |      |      | Student Trainer: <b>Taylor Goedhart</b> |    |                |                                |



Head Coach  
**Damian Jennings**  
(2<sup>nd</sup> season)  
Assistant Coaches  
**Katherine Adams**  
**Matthew Spencer**  
Manager  
**Jennifer Le**  
Athletic Therapy  
Students  
**Kathlyn Moores**  
**Erin Corcoran**

| University of Calgary Dinos Women's Basketball Roster |                    |     |      |      |                  |                    |                               |
|-------------------------------------------------------|--------------------|-----|------|------|------------------|--------------------|-------------------------------|
| #                                                     | Name               | Pos | Ht   | Elig | Major            | Hometown           | Previous Team                 |
| 0                                                     | Emma Vickers       | G   | 5-7  | 1    | Kinesiology      | North Sydney, N.S. | Memorial HS                   |
| 1                                                     | Kristie Sheils     | G   | 5-8  | 3    | Arts             | Elsemere Port, UK  | Univ. of Wales Inst., Cardiff |
| 2                                                     | Vanessa Wesolowski | F   | 6-2  | 4    | Science          | Calgary, AB        | Mount Royal Univ.             |
| 3                                                     | Emily Morales      | PG  | 5-5  | 1    | Kinesiology      | Calgary, AB        | Sir Winston Churchill HS      |
| 4                                                     | Lindsey Agnew      | G   | 5-9  | 2    | Science          | Milwaukee, WI, USA | Whitefish Bay HS              |
| 5                                                     | Anmol Mattu        | PG  | 5-3  | 1    | Kinesiology      | Richmond, BC       | Steveston-London HS           |
| 6                                                     | Clarise Jennings   | F/G | 6-0  | 3    | Arts             | Brisbane, AUS      | SAIT Polytechnic              |
| 7                                                     | Tamara Jarrett     | G   | 5-6  | 5    | Kinesiology      | Calgary, AB        | John G. Diefenbaker HS        |
| 8                                                     | Ashley Hirons      | G   | 5-9  | 3    | Science          | Melbourne, AUS     | Melbourne Tigers              |
| 9                                                     | Hayli Hinchey      | F/G | 6-0  | 1    | Kinesiology      | Edmonton, AB       | Ross Shepard HS               |
| 10                                                    | Brianna Ghali      | G/F | 6-0  | 1    | Kinesiology      | Calgary, AB        | William Aberhart HS           |
| 11                                                    | Jessica Thielen    | G/F | 5-9  | 3    | Graduate Studies | Jaffray, BC        | Eastern Washington Univ.      |
| 12                                                    | Erika Romanow      | G   | 5-11 | 3    | Science          | Calgary, AB        | Strathcona Tweedsmuir HS      |
| 13                                                    | Lawrie Saunders    | P   | 6-3  | 4    | Business         | Alix, AB           | Ponoka Composite HS           |
| 14                                                    | Aimee Wilson       | F   | 6-1  | 1    | Kinesiology      | Calgary, AB        | Chestermere HS                |
| 15                                                    | Arianne Sakundiak  | P   | 6-2  | 3    | Open Studies     | Calgary, AB        | Univ. of Alberta              |
| RS                                                    | Alyssa Van't Hof   | G   | 5-11 | 2    | Arts             | Saskatoon, SK      | Walter Murray Collegiate      |