

November, 2013 — Regular Season

MEN'S BASKETBALL

Friday, November 15 @ 8 p.m. vs. Mount Royal
Saturday, November 16 @ 7 p.m. vs. Mount Royal



Head Coach
Adam Friesen
Assistant Coaches
Kyle Graves
Kyle Grewal



Head Coach
Marc Dobell
Assistant Coaches
Tyler McVicar
Craig Jantzen
Rashaun Broadus

Student Athletic
Therapist
Randy Kuefler

Strength & Conditioning
Coach
Hidesh Bhardwaj

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		

Mount Royal University Cougars Men's Basketball Roster						
#	Full Name	Pos.	Ht.	Major	Hometow	Previous School
1	Oluwafemi Ogun	Forward	6-5	Open Studies	Lagos, NGR	North Peace Secondary
2	Ray Goff	Forward	6-7	Arts	Okotoks, AB	Foothills Composite HS
3	Deng Awak	Guard	6-3	Open Studies	Brooks, AB	St. Joseph's Collegiate
4	Jalen Gardener	Guard	6-0	Arts	Calgary, AB	Bowness HS
5	Wiande Kier	Guard	6-4	OPST	Calgary, AB	
6	Awet Abraha	Guard	6-3	Business	Calgary, AB	Bishop McNally HS
7	Osato Obaseki	Forward	6-6	OPST	Vancouver, BC	
8	Derek Wolf	Guard	6-2	Open Studies	Penticton, BC	Penticton Secondary
9	Mangk Akwl	Forward	6-5	Criminal Justice	Calgary, AB	
10	Jared Cornish	Guard	6-3	Arts	Edmonton, AB	Jasper Place HS
11	James Lefebvre	Forward	6-4	Arts	Didsbury, AB	Didsbury HS
12	Noah Lewis	Guard	6-4	Sciences	Comox, BC	Highland HS
13	Kyle Wilson	Forward	6-6	Business	Chestermere, AB	Chestermere HS
15	Matt Matear	Forward	6-5	Open Studies	Calgary, AB	Bishop O'Byrne HS

Men's Basketball			
Day	Date	Opponent	Time
Fri	Nov 1	Lethbridge	W 79-69
Sat	Nov 2	Calgary	W 71-56
Fri	Nov 8	Victoria	L 65-70
Sat	Nov 9	Victoria	L 55-74
Fri	Nov 15	Mt. Royal	8:00
Sat	Nov 16	Mt. Royal	7:00
Fri	Nov 22	Alberta	8:00
Sat	Nov 23	Saskatchewan	8:00
Fri	Nov 29	UBC	8:00
Sat	Nov 30	UBC	7:00
Fri	Jan 10	Winnipeg	8:00
Sat	Jan 11	Manitoba	7:00
Fri	Jan 17	TRU	8:00
Sat	Jan 18	TRU	7:00
Fri	Jan 24	UBCO	8:00
Sat	Jan 25	UBCO	7:00
Fri	Jan 31	Regina	8:00
Sat	Feb 1	Brandon	7:00
Fri	Feb 7	UNBC	8:00
Sat	Feb 8	UNBC	8:00
Fri	Feb 14	TWU	8:00
Sat	Feb 15	TWU	7:00

Canada West Standings							
Pacific Division	GP	W	L	PF	PA	PTS	
Victoria	4	4	0	299	224	8	
Mount Royal	4	2	2	294	288	4	
Thompson Rivers	4	2	2	324	290	4	
Trinity Western	4	2	2	318	324	4	
UBC	4	2	2	296	297	4	
UFV	4	2	2	270	269	4	
UNBC	4	1	3	253	320	2	
UBC Okanagan	4	0	4	263	309	0	

Canada West Standings						
Prairie Division	GP	W	L	PF	PA	PTS
Alberta	4	4	0	332	250	8
Saskatchewan	4	4	0	353	308	8
Winnipeg	4	4	0	318	272	8
Lethbridge	4	3	1	321	292	6
Manitoba	4	1	3	281	311	2
Regina	4	1	3	259	332	2
Brandon	4	0	4	269	332	0
Calgary	4	0	4	291	323	0



November, 2013 — Regular Season

WOMEN'S BASKETBALL

Friday, November 15 @ 6 p.m. vs. Mount Royal
Saturday, November 16 @ 5 p.m. vs. Mount Royal



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



Head Coach
Len Harvey
Assistant Coaches
John Tramble
Sarah Williams
Student Athletic Therapist
Emily Manning
Strength & Conditioning Coach
Jordan Thornley

Mount Royal University Cougars Women's Basketball Roster						
#	Full Name	Pos.	Ht.	Major	Hometown	Previous School
3	Alicia Tan	Guard	5-0	Open Studies	Calgary, AB	St. Mary's HS
4	Danica Rybachuk	Guard	5-7	Nursing	Vernon, BC	Clarence Fulton Secondary
5	Angela Driscoll	Guard	5-7	Open Studies	Calgary, AB	Olds College
7	Melissa Moore	Forward	6-1	Open Studies	Calgary, AB	E.P. Scarlett High
8	Nikki Golding	Guard	5-11	Nursing	Vernon, BC	Vernon Secondary
9	Carrie Campbell	Forward	5-10	Child Studies	Raymond, AB	Raymond HS
10	Cassidy Taal	Forward	5-9	Open Studies	Lethbridge, AB	University of Lethbridge
11	Candice Duckett	Forward	5-11	Business	Lacombe, AB	St. Mary's College
12	India Ashboth	Forward	6-0	Criminal Justice	Albany, AUS	MRU
13	Jordan Maclean	Forward	5-10	Criminal Justice	Hinton, AB	Spruce Grove HS
14	Yasmene Saghir	Forward	5-11	Arts	Chestermere, AB	Chester
15	Brooke Lister	Guard	5-9	Arts	Regina, SK	Brentwood College School
RS	Martina Allen	Guard	5-7	Arts	Calgary, AB	St. Mary's HS
RS	Maya Parker	Guard	5-6	Open Studies	Calgary, AB	Springbank HS
RS	Katie Waring	Guard	5-6	Arts	High River, AB	University of Winnipeg

Women's Basketball			
Day	Date	Opponent	Time
Fri	Nov 1	Lethbridge	W 70-32
Sat	Nov 2	Calgary	W 60-36
Fri	Nov 8	Victoria	W 68-55
Sat	Nov 9	Victoria	W 77-61
Fri	Nov 15	Mt. Royal	6:00
Sat	Nov 16	Mt. Royal	5:00
Fri	Nov 22	Alberta	6:00
Sat	Nov 23	Saskatchewan	6:15
Fri	Nov 29	UBC	6:00
Sat	Nov 30	UBC	5:00
Fri	Jan 10	Winnipeg	6:00
Sat	Jan 11	Manitoba	5:00
Fri	Jan 17	TRU	6:00
Sat	Jan 18	TRU	5:00
Fri	Jan 24	UBCO	6:00
Sat	Jan 25	UBCO	5:00
Fri	Jan 31	Regina	6:00
Sat	Feb 1	Brandon	5:00
Fri	Feb 7	UNBC	6:00
Sat	Feb 8	UNBC	6:00
Fri	Feb 14	TWU	6:00
Sat	Feb 15	TWU	5:00

Canada West Standings							
Prairie Division	GP	W	L	PF	PA	PTS	
Saskatchewan	4	4	0	341	237	8	
Manitoba	4	3	1	261	229	6	
Regina	4	3	1	280	240	6	
Alberta	4	2	2	237	225	4	
Calgary	4	2	2	221	241	4	
Lethbridge	4	2	2	220	250	4	
Winnipeg	4	2	2	253	221	4	
Brandon	4	0	4	262	327	0	
Pacific Division	GP	W	L	PF	PA	PTS	
UFV	4	4	0	275	184	8	
UBC	4	3	1	274	255	6	
Thompson Rivers	4	2	2	250	279	4	
Mount Royal	4	1	3	239	286	2	
Trinity Western	4	1	3	242	276	2	
UBC Okanagan	4	1	3	243	302	2	
UNBC	4	1	3	263	277	2	
Victoria	4	1	3	263	295	2	

CIS Top 10 Women's Basketball		
as of November 12		Previous week
1	Saint Mary's	(1)
2	Windsor	(2)
3	Fraser Valley	(3)
4	Saskatchewan	(5)
5	Alberta	(4)
6	Regina	(6)
7	Brock	(7)
8	McGill	(9)
9	Ottawa	(10)
10	Concordia	(8)



UFV Cascades Athletics

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