

Gold Won By Egon Beiler

GPAC hockey

November 2/77

Zoet Shines

Lakehead wins twice

In Lu's Win

THUNDER BAY— Lakehead University Nor'Westers blew a two-goal lead in the third period Saturday at the Port Arthur Arena then bounced back with a pair of unanswered goals of their own for an 8-6 win over University of Winnipeg Wesmen.

WILLISTON, N.D. — Jim Zoet scored 33 points and picked up

LU cage gals in tournament final

GUELPH -

Third time

February 28/77

Judo title won by LU

**Lakehead University
NOR'WESTER SPORTS 1977-78**

Friday, March 4/77

Bishop and Zoet named to second star squad

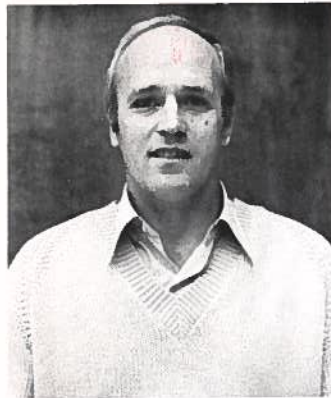
Three Bouts Won Wakewich wins By Garvie's Men MVP award

TOLEDO, Ohio (CP)

L.U. TO HOST SOCCER NATIONALS NOV'78 —

McKinnon breaks freestyle record

Cecile Bourret Finishes On Top In GPAC Scoring



MESSAGE from Dr. B.S. Rushall

- Chairman, School of Physical and Health Education & Athletics

In a relatively short period of time, Lakehead University athletic programs have established a national prominence. This has been achieved despite a number of difficulties which are peculiar to this institution. This reputation is a vital asset to the students and the University as a whole.

Recent contemplations about the nature and importance of athletics at L.U. have confirmed that the directions presently being followed are appropriate. This speaks well for the conduct and energies of the athletes and coaches, both past and present, who have participated in and contributed to the various programs. The achievements in university and open competitions as well as national representations have generated an immeasurable amount of advertising and prestige for L.U. However, more importantly, the participations and accomplishments of our intercollegiate athletes are forming a focal point for the University community which serves as establishing the origins of a tradition. This contribution and its importance will be recognized in time.

The athletes and coaches who devote so much of their time to the rigorous demands of intercollegiate athletics are to be congratulated and appreciated by those of us at L.U. and by many residents of Thunder Bay. We are proud of our Nor'Westers!

Dedication: The Nor'Westers and Nor'Westerettes would like to dedicate this brochure to Dr. Jim Widdop who worked long and hard for seven years as chairman of athletics and Physical Education. His charismatic flair and undying ambition gave the programs much needed impetus in the beginning so that today we have one of most respected Varsity programs and Physical Education programs in Canada.

A.J. DONOVAN, Athletic Director.



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1977 RESULTS

L.U.	6	Michigan Tech University	0
L.U.	5	Michigan Tech University	0
L.U.	0	Mankato Bethany Lutheran	1
L.U.	1	University of Minnesota	1
L.U.	1	University of Wisconsin-Madison	2
L.U.	0	Western Illinois University	5
L.U.	2	University of Minnesota-Duluth	1
L.U.	1	University of Manitoba	2
L.U.	1	University of Manitoba	3
L.U.	1	University of Winnipeg	0
L.U.	0	University of Manitoba	3
L.U.	2	University of Winnipeg	0
L.U.	0	University of Winnipeg	0
L.U.	1	University of Manitoba	3

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	WON	LOST	TIE	GF	GA	PTS
University of Manitoba	5	0	1	15	5	11
Lakehead University	2	3	1	5	9	5
University of Winnipeg	0	4	2	3	9	2

1978
CANADIAN UNIVERSITY SOCCER CHAMPIONSHIP
NOVEMBER 3, 4 & 5
at
LAKEHEAD UNIVERSITY



LAKEHEAD UNIVERSITY SOCCER NOR'WESTERS

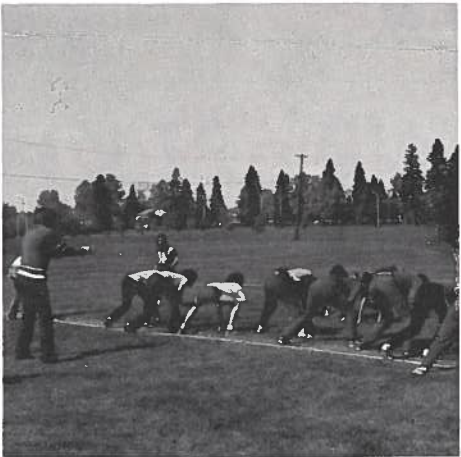
Front Row (L-R) Ray Grynol (captain), Randy Williams, Gord Marchiori, Tony Garofola, Joe Cordeiroi, Randy Budner.
Back Row (L-R) Dr. R. McKechney Coach, Steve Reitter, Marty Cole, Mike Roddy, John Baric, Joe Czackowski, Doug Jones, Ken Hirschfeldt, Dave Frank, Doug Adamson Coach.

L.U. INTRAMURAL SPORTS - RESOURCE CENTRE

1977-78

WINTER SPORTS

	Entries Due	Starting Date
Basketball - Women's	Fri. Dec. 2	Thur. Jan. 5
Men's	Fri. Dec. 2	Thur. Jan. 5
L.U. Winter Carnival		Jan. 20 - 27
Hockey - NHL	Fri. Dec. 2	Mon. Jan. 9
WHA	Fri. Dec. 2	Mon. Jan. 9
Co-ed Non-Contact	Fri. Dec. 2	Mon. Jan. 9
Ringette - Women	Fri. Jan. 6	Mon. Jan. 9
Indoor Soccer	Fri. Jan. 13	Sun. Jan. 14
Co-ed Inner Tube Water Polo	Fri. Jan. 13	Thur. Jan. 19
Squash	Wed. Feb. 8	Sat. Feb. 18
Badminton	Wed. Feb. 22	Sat. Mar. 4
Floor Hockey	Wed. Feb. 22	Wed. Mar. 1
Table Tennis	Wed. Feb. 22	Wed. Mar. 1
Wrestling	Wed. Mar. 1	Wed. Mar. 8
Swim Meet	Wed. Mar. 1	Thur. Mar. 9
3 on 3 Basketball	Wed. Mar. 8	Wed. Mar. 15
European Handball	Wed. Mar. 8	Wed. Mar. 15



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Ski equipment may be rented at all ski areas at reduced rates with presentation of L.U. students card.

January 6	Candy Mountain
January 13	Loch Lomond
January 20	Mount Baldy
January 27	Mount Norway
February 3	Mount McKay
February 10	Loch Lomond
February 17	Molstar - Canady Mountain
February 26	Mount Norway
March 3	Mount Baldy
March 10	Molson Races Candy Mountain
March 17	Mount McKay

L.U. WINTER CARNIVAL
JANUARY 18 - 30, 1978

LIST OF EVENTS

Ice Sculpture	Snowshoe Baseball
King and Queen Crowning	Hockey Tournament
Woodsmen Competition	Hockey Tournament - one team from each faculty or department.
Student Winter Carnival	Nanibijou Sled Dog Club Exhibition Race
Mixed Curling Bonspiel	Beer Gardens
Bushman's Brawl	Cross Country Ski Races
Dance in Main Cafeteria	
Push Ball Tournament	
Movie - U.C. Theatre	

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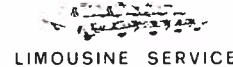


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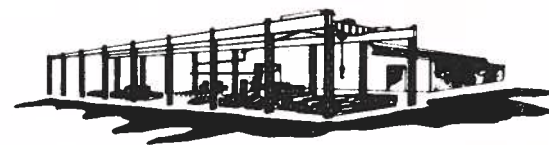
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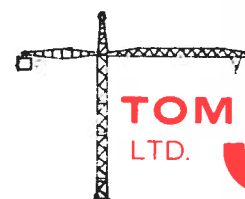
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FLIGHT GUIDE FOR THUNDER BAY - WINTER 76-77

DEPARTURES EASTBOUND

TIME	FLIGHT	DESTINATION	DAYS OPERATING
08:05 am	AC504	Toronto, Quebec City	Daily
10:35 am	TZ746	Sault Ste. Marie, Toronto	Daily except Sun.
12:00 noon	AC344	Toronto, Ottawa	Daily except Sat.
12:00 noon	AC344	Toronto	Saturday only
1:20 pm	AC160	Sudbury, Ottawa, Montreal	Daily
3:50 pm	TZ738	Quebec City	Daily
4:40 pm	AC350	Sault Ste. Marie, Toronto	Daily
7:10 pm	AC352	Toronto	Daily
8:05 pm	TZ744	Toronto	Daily except Sat. & Sun.
9:20 pm	TZ748	Toronto	Only Sunday

DEPARTURES WESTBOUND

TIME	FLIGHT	DESTINATION	DAYS OPERATING
11:10 am	TZ743	Dryden, Winnipeg	Daily Except Sat. & Sun.
11:30 am	AC161	Winnipeg, Regina, Vancouver	Daily
5:40 pm	TZ745	Winnipeg	Daily
8:45 pm	TZ737	Dryden, Winnipeg	Daily

DEPARTURES SOUTHBOUND

TIME	FLIGHT	DESTINATION	DAYS OPERATING
6:35 am	NC721	Duluth, Minneapolis	Daily
1:35 pm	NC682	Duluth, Minneapolis	Daily except Sat.

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1977-78 Nor'Westerette Basketball



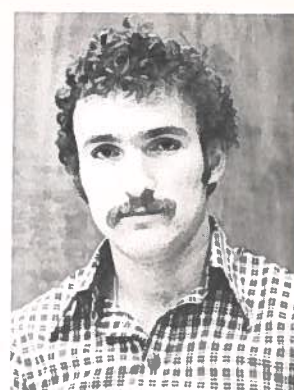
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ANGELA KEPES
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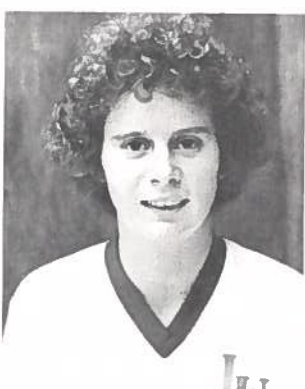
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DONNA GILLIS



MARY COLLINSON



SANDRA HUMMEL

Women's Basketball Player Profile

Angela Kepes (nee Ferguson) is an Education student and graduated from Physical Education at Lakehead University. Angie is 5'11" and is playing center for her 5th year. Angie (Mom) was the best rebounder in the Great Plains Athletic Conference in 1976. Angela is a great team leader and gives basketball 100% all the time. Co-captain.

Marilyn Nelson, 5'4½", is a second year veteran with the Lakehead University team. Working towards her Masters, she is a graduate of Midland College in Nebraska, and is the only American on the team. Marilyn has played basketball for the Redheads of Arkansas prior to coming to Lakehead University, and looks like a strong starting guard. Season points last year totaled 195. Co-captain.

Teresa Brown is from Beeton, Ontario, and is at Lakehead University for first year Physical Education. She is a 5'6" guard who is well able to hit the open man, and she is an asset to the team. Terry, a graduate of Banting Memorial Collegiate comes highly recommended to us by the All Pro Basketball School and Lakehead is delighted to have Terry aboard.

Team comedian *Paula Roy* always manages to keep the team's spirit elevated. Paula is 5'10", and comes from Timmins, Ontario. This is Paula's first year with Lakehead University as a team member, and a Physical Education student. Paula is strong, and she looks like a strong inside, outside player for L.U. this year.

Cheryl Kryluk is a local resident of Thunder Bay. She is 5'8", and a strong, hard working athlete. She played basketball in junior high and high school, winning the Most Valuable Player three years in a row, and high scorer award in the Tip-Off Tournament. Last year Cheryl worked with the Northwestern Ontario Team. This is Cheryl's first year in Physical Education at Lakehead University, and her first year with the Varsity team as a forward.

Debra Evans, a 5'7" forward is also an Education student. For three years prior to coming to Lakehead University she was on the Varsity Gymnastics team at the University of Western Ontario. Debbie is originally from Toronto. During high school, she won the Most Valuable Player and highest scorer award for basketball. She is one of the quickest players on the team and is improving with every practice.

Mary Collinson comes from Chatham, Ontario and this is her second year with the Lakehead Varsity Team. Her awards in high school covered athletics as well as academics. Mary is a 5'6" guard, and a great defensive player. Her shooting eye is on this year so Lakehead will be looking to Mary for leadership and enthusiasm.

Shelly Brown is a rookie forward with potential. She is one of two players on the team from Winnipeg, although she is a graduate of Westgate High School in Thunder Bay. Shelly is attending Lakehead University as a first year Physical Education student. She stands 5'6½" and is the fastest team member.

Nicole Poirier is another first year Physical Education student at Lakehead University and is from Timmins, Ontario. She is a 5'4" left-handed guard, and has won senior awards in high school for the past two years. Nicky is very dedicated to the game of Basketball and will have a rewarding career at Lakehead University.

Alison MacDougall is a 5'7" forward from Sault Ste. Marie, Ontario. This is her first year with the team, and she is Lakehead's first and only Nursing student. Welcome aboard Alison! Alison has good moves to her left and right and has a good sense of timing on the court. She will be an asset to our squad this year.

5'6" forward, *Susan Forbes*, is another Thunder Bay resident, taking her third year physical education at Lakehead. Last year Sue played for the Lakehead University Junior Varsity Basketball Team, and over the summer she worked with the Northwestern Ontario Team at the Ontario games. Susan has been out of basketball for several years with knee problems, but this season is back strong.

Sandra Hummel last year was Lakehead University's best rookie. She averaged 191 points for the season, and this year will keep other centers in the league on their toes. Sandy just missed a position on the Canadian national team and her agile 6'1" frame makes her quite effective inside. Sandy is a second year physical education student out of Cameron Heights in Kitchener.

Donna Gillis is another Winnipeg recruit, and is the only Forestry student on the team. She is 5'11", a center with outstanding potential and eager to learn. As graduate of Gordon Bell Collegiate in Winnipeg, she has received excellent coaching and competition. Donna is another player who can look forward to a good basketball career at Lakehead.

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MEN'S BASKETBALL PLAYERS PROFILE

No.	Player	Pos.	Ht.	Wt.	Term Last Played For	Background
22	Andy Erickson	G	6'	175	Dakota Collegiate Lancers Winnipeg, Ont. 1976-77	was selected to the Provincial All-Star high school team in Manitoba after 4 yrs. of high school basketball.
24	Dave Kirychuk	F	6'	190	L.U. Nor'Westers 1976-77 CIAU National Finalists	Dave is starting his third year with the Nor'Westers. In 1975 he was a member of the Ontario Winter Games team. Dave played his high school basketball in Thunder Bay at Lakeview High School.
25	Mitch Lalone	G	6'	179	L.U. Nor'Westers 1976-77 CIAU National Finalist	Mitch is beginning his fourth year with the Nor'Westers. He was a member of the Ontario Provincial Champions in 1969. Mitch is a graduate of Ecole Theriault S.S. in Timmins, Ont.
30	John Zanatta	G	6'1"	175	L.U. Nor'Westers 1976-77 CIAU National Finalists	John is in his second year with the Nor'Westers. He is a graduate of Bawatting H.S. in Sault Ste. Marie, Ontario.
31	Neil Brown	G	5'11"	165	Vancouver City College 1976-77	Neil is a graduate of Prince Rupert H.S. in British Columbia.
32	Marty Gysbers	F	6'5"	190	L.U. Nor'Westers 1976-77 CIAU National Finalists	Marty adds 4 yrs. of experience to this year's Nor'Westers. He played his high school basketball in Perth, Ont. and was a member of the Ontario Winter Games team in 1975.
41	Peter Vitols (not pictured here)	G	6'	180	Flinders University Australia 1976-77 University All-Stars 1976-77	Prior to coming to Lakehead, Peter competed on the Australian University All-Star teams that toured the USA in 1972 and Canada in 1976. He was a member of the South Australian All-Star team.
34	Jim Grisim	F	6'4"	190	Dakota Collegiate Lancers, Winnipeg, Ont., 1976-77	Jim led the Provincial Champion Lancers in rebounds and assists last year. He also won the all-high school 1 on 1 championship for Winnipeg and was selected to the provincial All-Star team.
35	Jim Zoet	C	7'1"	230	L.U. Nor'Westers 1976-77 CIAU National Finalists Canadian National Team 1976-77	Jim played 3 yrs. of NCAA basketball at Kent State U. He is in his second year with the Nor'Westers. Jim is a graduate of Port Perry H.S. in Ontario.
33	Dave Preus	C	6'4"	188	L.U. Nor'Westers 1976-77 CIAU National Finalists	Dave is in his second season with the Nor'Westers. Prior to coming to the Lakehead he played 2 years with Lethbridge Community College in Alberta and one year in the U.S. at Big Bend College in Washington State.
42	Jeff Bennett	F	6'5"	185	Laurentian Voyageurs 1976-77	Jeff was the leading scorer at Laurentian for the last 2 yrs, where he received honorable mention as an All-Canadian. He is a graduate of Sir James Dunn H.S. in Sault Ste. Marie.

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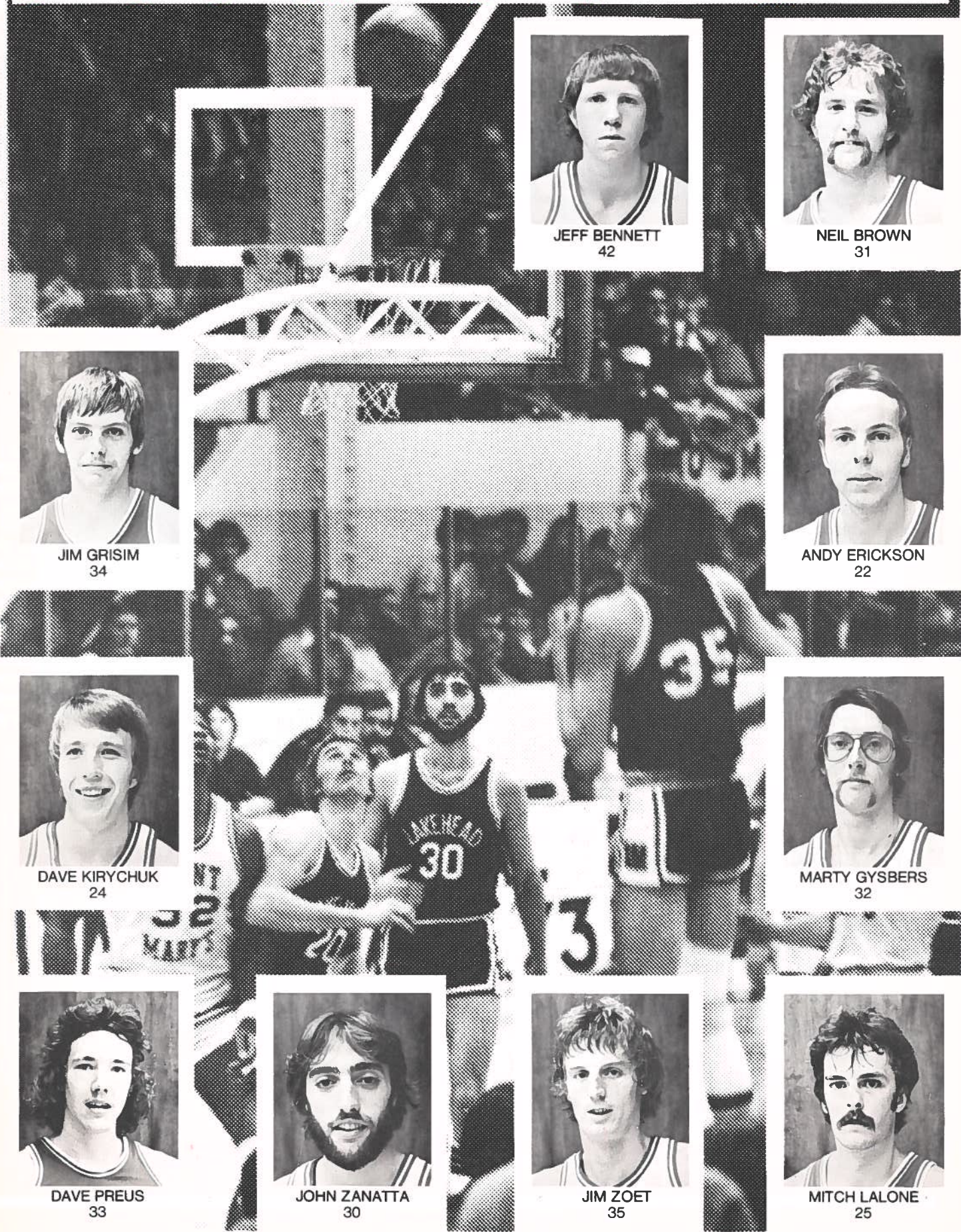
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GOOD LUCK NOR'WESTERS

LAKEHEAD VARSITY BASKETBALL TEAM 1977-78



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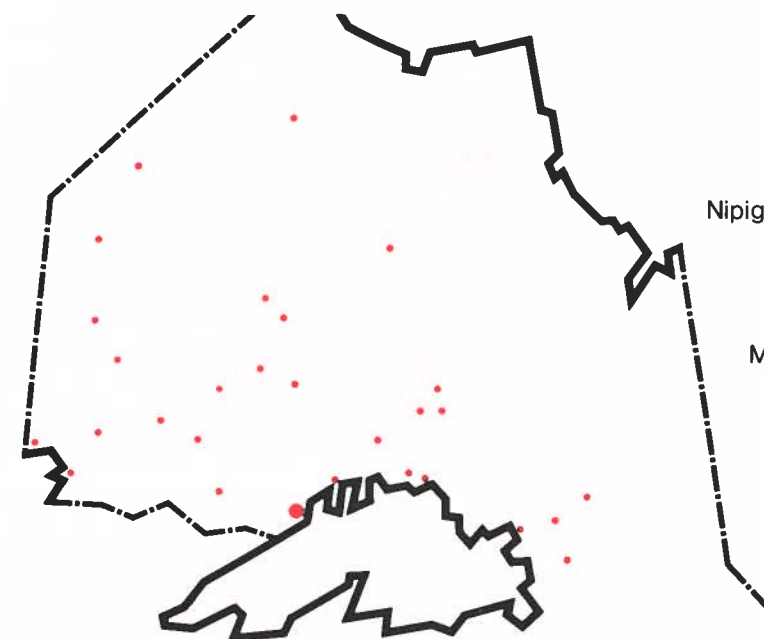


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THRU	AM			PM	
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* Sound of Sports, Sunday 10:05 P.M.



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L.U. VARSITY HOCKEY TEAM 1977-78

DAVE FITZPATRICK: Goal, 5th year, 6', 175 lbs., 24 yrs., Ballantrae, Ont., 1973-74, 76-77 Nor'Wester Most Valuable Player award 1976-77 G-PAC All-Star, 3.98 Game average.

JIM TOMBROS: Defense, 5th year, 6'2", 210 lbs., 26 yrs., Owen Sound, Ont., played with 1973-74 University of Waterloo Canadian University Champions, expected to be hitting defenseman.

CHRIS KELLAND: Defense, 2nd year, 5'9", 160 lbs., 19 yrs., Sault Ste. Marie, Ontario, most improved player on team 1976-77 and will be valuable asset this season as a regular.

RUSS WAKEWICH: Defense, 2nd year, 6'1", 170 lbs., 20 yrs., Thunder Bay, ICHA All-Star, 4th highest scorer on team (29 pts.), invited to Student National Team Camp in September, Freshman Athlete of the Year at L.U. 1976-77.

PAUL VANDERGUST: Defense, 5th year, 6'2", 195 lbs., 23 yrs., London, Ontario, played for Boston University and University of Western Ontario, co-captain at Western valuable addition on defense.

STEVE KOMISTEK: Defense, 3rd year, 6'5", 215 lbs., 20 yrs., Thunder Bay, Ontario, probably one of the biggest players in college hockey, very strong, hoping to have his best season yet.

DAN CUOMO: Defense, 5th year, 5'10", 188 lbs., 22 yrs., Levack, Ontario, excellent offensive defenseman, very strong skater, member of Canadian Student National team.

AL HAMILL: Center, 4th year, 5'8", 170 lbs., 23 yrs., Sudbury, Ontario, holler guy on the team, played for Orillia Terriers OHA Senior "A", 1976-77 consistant scorer.

DAVE VESCIO: Right wing, 3rd year, 5'9", 170 lbs., 23 yrs., Thunder Bay, Ontario, leading scorer last two seasons, now 10th on all-time L.U. scoring list.

FRANK VENASKY: Left wing, 3rd year, 6', 175 lbs., 23 yrs., Thunder Bay, second to Vescio each of the last two years by one point, NAIA and ICHA All-American and All-Conference choice 1976-77.

AL AVERY: Center, 5th year, 5'10", 190 lbs., 24 yrs., Agincourt, Ontario, former captain of York University and OUAA All-Star, captain and one of the best two way players on team.

KEN CLIFTON: Left wing, 3rd year, 5'7", 160 lbs., 23 yrs., Thunder Bay, Ontario, fastest shooter and very good defensive player, capable of becoming excellent offensive threat as well.

KEN PYTYCK: Left wing, 2nd year, 5'8", 148 lbs., 19 yrs., Thunder Bay, smallest player on team, most improved over last year, can fill in at any forward position.

LAURIE MERRIAM: Wing center, 2nd year, 5'8", 165 lbs., 20 yrs., Thunder Bay, enjoyed good rookie season scoring 10 goals, very dedicated hard working individual.

ROB PERGER: Center, 3rd year, 5'11", 175 lbs., 21 yrs., Thunder Bay, 3rd in socring with 33 points, played with Hillcrest High School.

DAVE KRASNICHUK: Right wing, 1st year, 5'10", 170 lbs., 19 yrs., Thunder Bay, excellent defensive player, capable of being consistant scorer, played for Jr. "A" Hurricanes.

ALEX DAMPIER: Wing, 3rd year, 6', 180 lbs., 26 yrs., Nipigon, Ontario, capable of playing either wing, most effective when physical, good wrist shot.

ALVIN CESIUNAS: Left wing, 2nd year, 6', 190 lbs., 20 yrs., Dryden, Ontario, scored 14 goals in rookie season, one of the bigger wingers on the team, hard worker.

REG MATHESON: Left wing, 1st year, 6', 178 lbs., 21 yrs., Clearwater, B.C., played with Portage Jr. "A" in M.J.H.L., 15 goals, 29 assists, good skater.

VINCE FRIYIA: Wing-Center, 1st year, 5'10", 176 lbs., 20 yrs., Sault Ste. Marie, played with Greyhounds OHA Major Jr. "A", good wrist shot, excellent offensive moves.

BILL BURLINGTON: Center, 5th year, 5'8", 155 lbs., 25 yrs., Owen Sound, played with Barrie Flyers OHA Senior and Boston University (NCAA) very quick, good goal scorer.

HAROLD KOPESCHNY: Defense, 1st year, 6', 175 lbs., 19 yrs., Winnipeg, Manitoba, played with Selkirk Stealers of Manitoba JHL solid defensive player, very hard worker and dedicated individual.

GOALIES

JACK SINCLAIR: 3rd year, 5'9", 170 lbs., 21 yrs., Bracebridge, played with Canadore College in North Bay last two years, Most Valuable Player and All-Star in OCAA Division 1976-77.

DAN MORO: 1st year, 6', 170 lbs., 20 years, Thunder Bay, attended University of Western Ontario, 1976-77, product of Fort William Canadians and Beavers of Thunder Bay Jr. "A" League.

GARY LITTLEFIELD: 1st yr., 5'8", 170 lbs., 19 years, Thunder Bay, played for Beavers of Thunder Bay Jr. "A" League, still eligible to play junior hockey.

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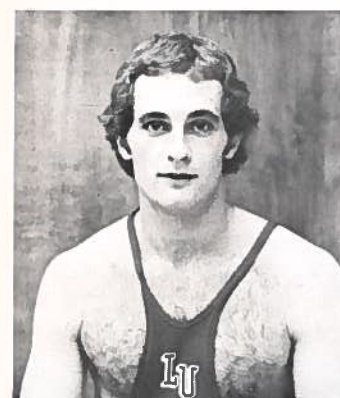
Thunder Bay, Ontario, Canada P7B 1K3

LAKEHEAD WRESTLING CLUB

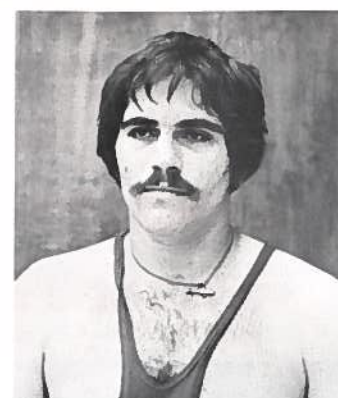
1977-78

L.U.

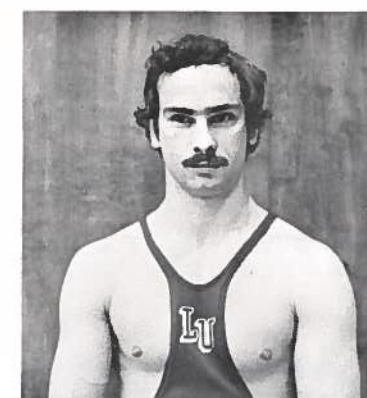
TEAM



BILL KRUSE
220 lbs.



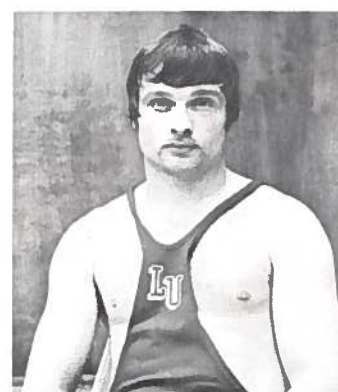
JIM MOFFAT
220 lbs.



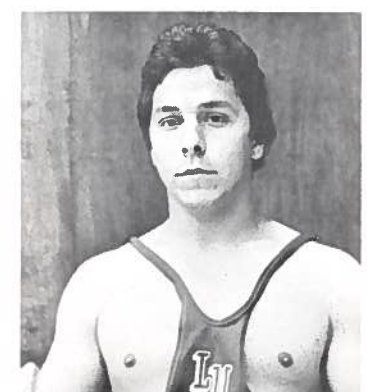
PHIL COLYER
158 lbs.



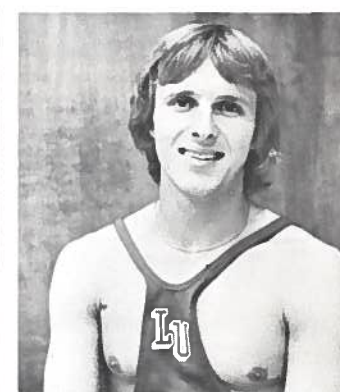
RANDY BUDNER
165 lbs.



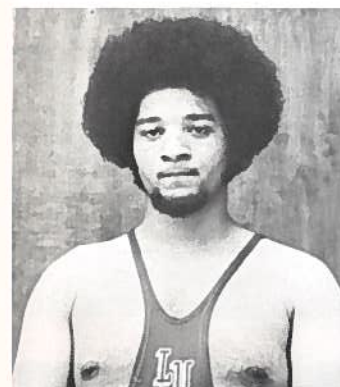
REG LAROCQUE
158 lbs.



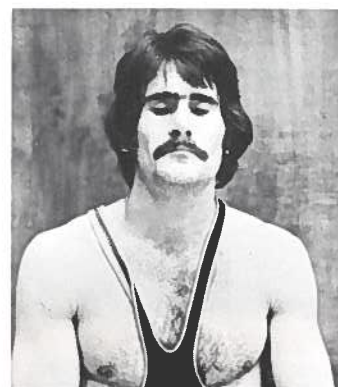
HERB WHITE
150 lbs.



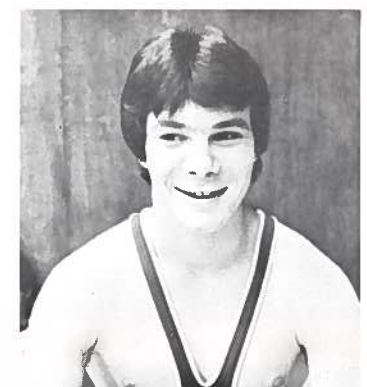
NICK CIPRIANO
142 lbs.



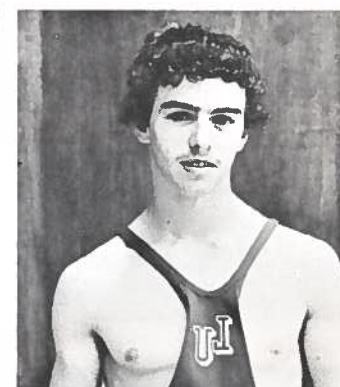
ANDREW JACKSON
heavyweight



DAN MUCKLE
177 lbs.



DAN ADAMS
126 lbs.



MARK JODOIN
118 lbs.

HEAD COACH: Mr. Bob Thayer

PRESIDENT: Mr. Ray Carter

DIRECTORS: Mr. Art Hartvikson and Mr. Mike Fogen

ASSISTANT COACH: Mr. Sean Barry

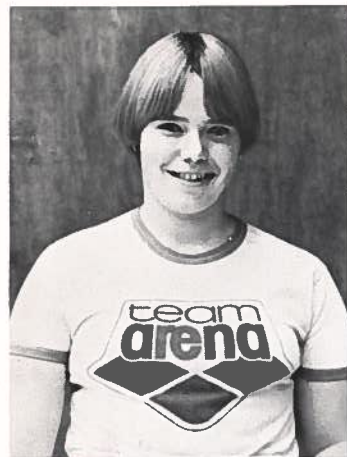
Club Members (not pictured below):

126 lbs. - D. Day; 134 lbs. - C. Foote; 134 lbs. - S. Kyle; 134 lbs. - J. Prive; 142 lbs. - Kim Dudley;

150 lbs. - R. Sampson; 134 lbs. - S. Barry (Assistant Coach); 150 lbs. - C. Bingley; 167 lbs. - M. MacKenzie;

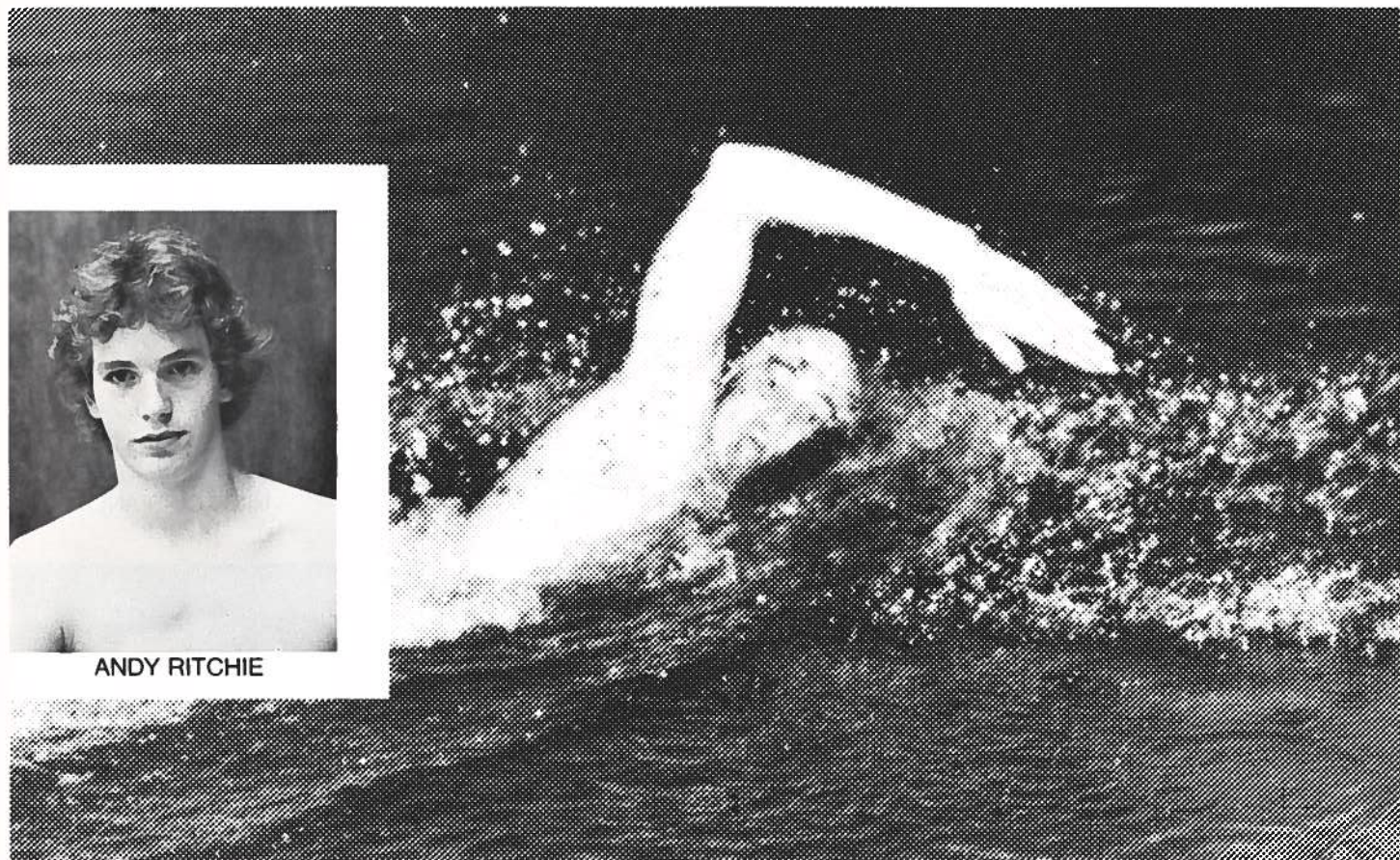
167 lbs. - D. Ginter; 177 lbs. - C. Davis.

The Lakehead Wrestling Club has had a great tradition of providing the very best in competition and producing the very best in athletic achievement. The "Club" is comprised of University Wrestlers as well as others from the community; they share one thing in common and that is producing elite athletes for all the world to see. The tradition started by Mr. Gord Garvie is ably carried on this year by coach Bob Thayer.

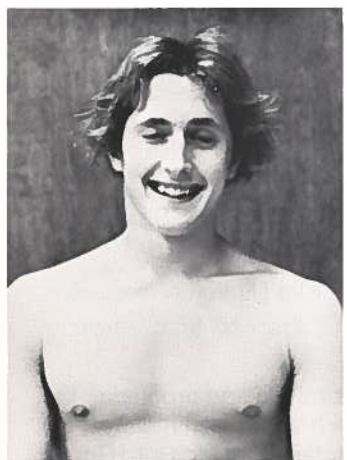


LIZ McKINNON

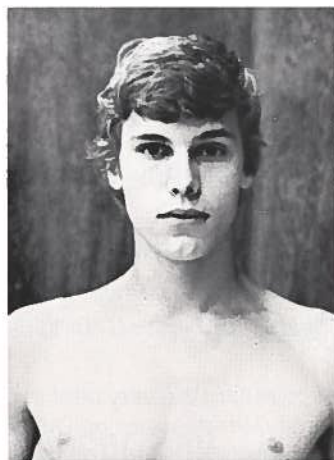
L.U. VARSITY MEN'S & WOMEN'S SWIM TEAM 1977-78



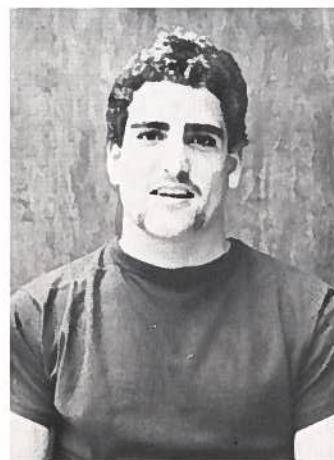
ANDY RITCHIE



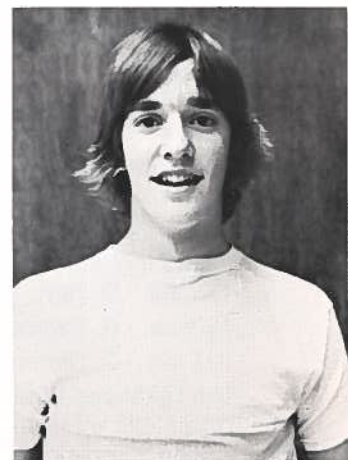
BLAIR TUCKER



BRIAN NUNAN



GARETH LUKE



RICH NAGY

Swim Team Profiles

ANDY RITCHIE, 19, a Thunder Bay native from Hillcrest Collegiate, has been swimming with Don Talbot's Thunderbolts since 1972. An Individual Medley and Breakstroke specialist at the 200 and 400 metre distances, Ritchie competed in the 1976 Olympics to finish tenth in the world in IM. Last year Andy swam NCAA while attending the University of Florida on a scholarship and this summer competed for Canada in the World Student Games in Bulgaria. A Phys. Ed. Student, Andy figures to do well in CIAU competition and in his bid to compete at the Commonwealth Games in Edmonton.

BLAIR TUCKER, a 17 year old from St. John's Newfoundland, won his province's only Gold Medal in the 1977 Canada Games. Specializing in the 200 and 100 metre Fly and IM's, he swam for the Memorial University Swim Club and travelled to Germany in 1976 with a squad of Age Group All-Stars. A Business student, Blair has his sights set on the Commonwealths.

DAVE BANKS a Maritimer who will swim for LU this year is 20 years old. He is a transfer student from the University of New Brunswick where he was a finalist last year in CIAU swim competition. Dave is an Individual Medalist and has experience at the National level in club competition.

GARETH LUKE, 19, is another bright spot from Dartmouth, Nova Scotia. Last year swimming for Dalhousie University in Halifax he earned a silver medal in 200 metres Breaststroke, his specialty at the CIAU's. Transferring to LU for Phys. Ed. II, Luke also reached Club National finals this summer as a member of the Halifax Trojans Swim Club.

RICH NAGY from Toronto, is an 18 year old Business student. A graduate of A.Y. Jackson Collegiate, he swam for the Etobicoke Olympian Swim Club. Rich finished fourth in the 200 metre Fly at the Canada Games and competed in the Nationals each of the past four years. Providing a challenge for teammate Blair Tucker, he is also looking towards the Commonwealth Games.

BRIAN NOONAN, 19 years old, is concentrating on sprint events in the 50 and 100 metre. A possible medal winner in the C.I.A.U. competition, Brian considerably strengthens our 4 x 100 free style relay and may be anchor man in the 4 x 100 medley relay.

LIZ McKINNON, 18 years old, leads the women's team this year. Liz, a second year Physical Education major was one of four women swimmers to represent Lakehead University at the 1977 CWIAU Swim Championships. She bolstered the team's performance setting new Ontario and CWIAU marks in the 400 and 800 yard Freestyle and 400 IM events to bring national recognition to the LU Swim Programme.

BECKY SMITH a native of Edmonton, Alberta is going to be another L.U. swimmer counted upon heavily in C.I.A.U. competition this year. A double bronze medal winner in the 1976 Olympics in Montreal, Becky specializes in the 200 and 400 m. individual medleys. Also a member of the Thunderbolts, Becky won a gold and two silver medals at the 1974 Commonwealth Games. Only 18 and a BPHE I student Becky is aiming for the '78 Commonwealth Games in her home town.

MAUREEN GRACE is a first year BPHE student who lives in Thunder Bay. Her past experiences with the Thunderbolt Swim Team gives her great potential as a C.I.A.U. competitor.

KATHY LUBA is a first year student who comes from Winnipeg. She won two golds at the '74 Junior Olympics and is aiming for the Commonwealth Games in '78. Her specialty is swimming the 100 & 200 fly.

CAREY THOMAS, 19 years old, from the Galt Collegiate in Cambridge, Ontario is a first year BA Education student. She hopes to swim Freestyle in meets this year.

ALIZON MOILLETT is a nineteen year old Phys. Ed. I student from Ottawa. She attended Carleton University last year and played for the Ottawa Water Polo team.

NANCY RYAN, 19 years old, is a Phys. Ed. major from Winston Collegiate in Scarborough.

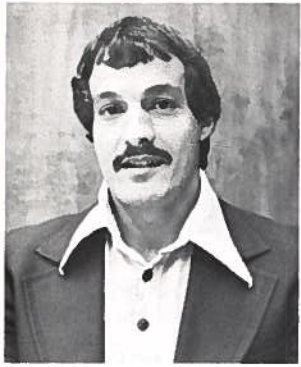
MEET THE COACHES

MEN'S BASKETBALL



A.J. (ARNE) DONOVAN, head coach

Under Coach Donovan, the Nor'Westers have become one of the strongest college teams in the country. In 1976-77, they captured the G.P.A.C. crown and went on to win two games in the national final losing the championship to Acadia 63-72. This year they are co-favorites with the Manitoba Bisons as the teams in G.P.A.C. to beat.



MEN'S BASKETBALL (continued)

TONY FIORINI, assistant coach

Tony is a welcome addition to the Nor'Westers with some thirteen years experience in the coaching ranks. He hails from Fenelon Falls, Ontario, where he has perennially guided the Falcons to league championships.



WAYNE BOVAY, athletic therapist

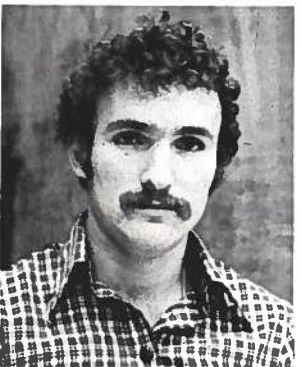
Wayne marks his 7th season with the Nor'Westers and brings a wealth of experience both as a therapist and as a coach. Wayne's heavy involvement in highschool basketball and football makes his time extremely precious.



WOMEN'S BASKETBALL

JOAN STEVENSON, coach

This is Joan's ninth year of coaching Varsity basketball and four of her basketball graduates are also coaching Varsity teams. Her previous experience is at York University, University of Windsor and University of Minnesota prior to coming to Lakehead University. She has also coached the 1975 Northwestern Ontario team to the championship and the 1976 Ontario team at the Canada Games in Lethbridge, Alberta. Joan completed her undergraduate degree at the University of Toronto, her master's degree at the University of Minnesota and is currently working on her doctorate.



STUART JULIUS, assistant coach,

Stu is an excellent coach who knows the game and demands excellence of the players. He is a solid fundamentalist and handles the defense for the Lakehead Nor'Westerettes. Stu coached the Hillcrest Juniors in Thunder Bay prior to his assignment at Lakehead. This is Stu's second year of Varsity coaching and is currently attending the Faculty of Education.



SOCCER

RON McKECHNEY, coach

Dr. Ron McKechney is a Saskatchewan native and graduate of the University of Minnesota. During his time as a soccer coach he has been a key figure in the development of minor soccer throughout the Thunder Bay Area. Next November Dr. McKechney will lead his Nor'Westers into the C.I.A.U. National Tournament as the host team.

HOCKEY

DAVE SICILIANO, coach

In his third year as the head hockey mentor, Dave has assembled what could easily be the finest hockey team to ever skate for Lakehead University. At the time of this writing, the Nor'Westers are leading the G.P.A.C. and appear to be destined to capture league honors. Dave's experience as a coach in Finland plus his year as coach of the Allan Cup Champion Twins will provide the stability the team requires to get over the rough spots.



WRESTLING

BOB THAYER, coach

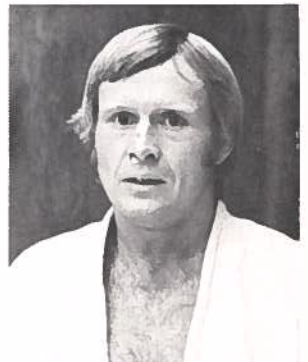
Bob was most recently on staff at Dalhousie University in Nova Scotia where he doubled as both the football coach and wrestling coach. He has had many honors as a wrestling coach nationally and internationally - the most recent recognition was that of being appointed as the Canadian Coach to the British Commonwealth Games in Edmonton.



JUDO

DR. RON LAPPAGE, coach

Dr. Ron Lappage, a native of Dryden, has a vast background in wrestling and judo. As a blackbelt in judo, he has become one of the best instructors in the sport as well as one of the top competitors in open class competition held in many Northwestern Ontario centres.



SWIMMING

DON TALBOT, coach

Since assuming his position as Aquatic Director and Swim Coach 5 years ago, the Swim team has consistently finished in the top three positions at the C.I.A.U. championships. As well as being a former Australian Olympic swim coach, Don has also coached the '76 Canadian Olympic team. He was the 1974 Commonwealth Games coach and has just been appointed as the 1978 Commonwealth Games Men's Coach. In 1976, Don was named the "Canadian Coach of the Year" and is presently the '78 World Games Coach for Canada.



BOB THOMPSON, assistant coach

Bob has been the Assistant Swim coach for the past year and also has experience with the Thunderbolt Swim Club.



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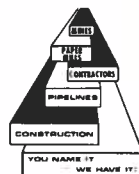
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