

LAKEHEAD UNIVERSITY

VARSITY

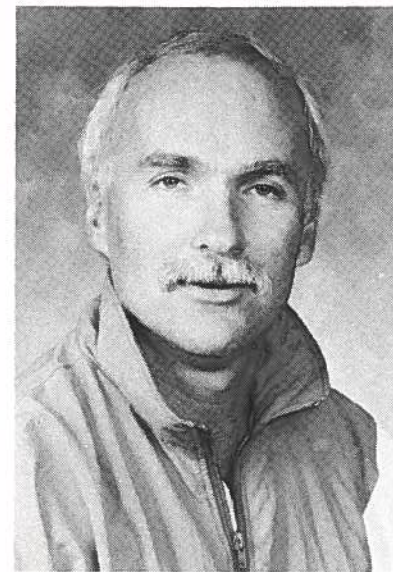
WOMEN'S BASKETBALL



1994/95

LAKEHEAD NOR'WESTERS 1994/95 HOME SCHEDULE

OCT	07/08	WOMEN'S PIZZA HUT BASKETBALL HIGH SCHOOL TOURNAMENT	2-10:30PM 8:30AM-10:30PM
	15	JOHN ZANATTA ALUMNI GAMES	2:00/4:00
	27/28/29/30	WOMEN'S BASKETBALL PIZZA HUT TOURNEY (WINNIPEG/ST.F.XAVIER/LAURENTIAN)	7:30PM; 6:30/8:30PM;11:00AM
NOV	04-06	MEN'S BASKETBALL PIZZA HUT TOURNEY (GOGEBIC/BRANDON/MT. SENARIO)	6:00/8:00PM; 6:00/8:00PM;12:00/2:00
	11/12	MEN'S BASKETBALL VS HIBBING COLLEGE	8:00/2:00PM
	18	WRESTLING VS WESTERN ONTARIO	2:00PM
	18/19	WOMEN'S VOLLEYBALL VS WESTERN WOMEN'S BASKETBALL VS U WISCONSIN	7:00PM 9:00PM
	25/26	WOMEN'S VOLLEYBALL VS MCMASTER	7:00PM
JAN	06	GORD GARVIE MEMORIAL WRESTLING ELEMENTARY TOURNAMENT	9:00AM
		WOMEN'S BASKETBALL VS NORTHLAND	8:30PM
	07	GORD GARVIE MEMORIAL WRESTLING SENIOR/UNIVERSITY WOMEN'S BASKETBALL VS NORTHLAND	4:00PM 8:30PM
	20/21	W & M BASKETBALL VS BROCK	6:30/8:30PM
	27/28	WOMEN'S VOLLEYBALL VS WATERLOO	7:00PM
FEB	03/04	W & M BASKETBALL VS WILFRID LAURIER	6:30/8:30PM
	10/11	WOMEN'S VOLLEYBALL VS GUELPH	7:00PM
	17/18	W & M BASKETBALL VS WINDSOR	6:30/8:30PM
	27/28	OCAA PLAYOFFS	8:00PM
MAR	06-12	CIAU WOMEN'S BASKETBALL	

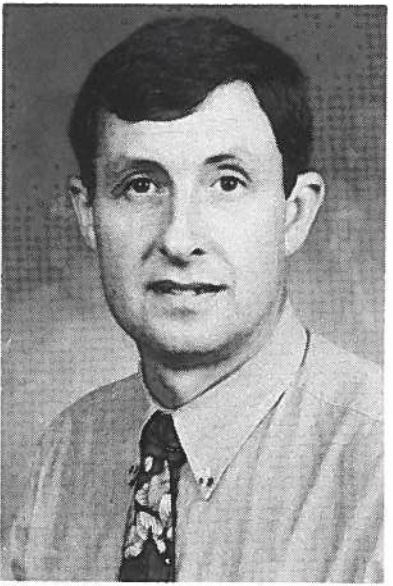


STU JULIUS - HEAD COACH

Coach Julius is entering his sixteenth year with the Lady Nor'Westers. Stu is originally from Mississauga, Ontario, and is a graduate of Lakehead University in Physical Education in 1976. He also graduated from the Bachelor of Education program in 1977. After graduating from teachers' college he taught in the high school system and was heavily involved in coaching basketball at all levels. He coached in the Ontario Basketball Program, and was named Provincial Coach in 1987. He was selected assistant coach to the Junior National Program in 1990. Since being at Lakehead Stu has taken a program that was in disarray, and has presently brought the program to be consistently ranked in the top ten during his tenure. In 1986-88 Lakehead won two G.P.A.C. Championships and finished sixth and fourth at the Nationals. Stu was also selected Ontario Coach of the year in 1989-90. Lakehead University's Womens' Basketball program is well respected across the country. This year Lakehead will be in the limelight as host of the basketball National Championship March 9-12. "Our objective is to be more than a good host, especially on the floor, and to show the best teams in the country the excitement of the Thunderdome!" Coach Julius is a fixture at Lakehead and is presently serving a dual role as Athletic Co-ordinator and Womens' Basketball Coach. Stu is married with three children Kyle 15, Ben 13, and Mark 9.

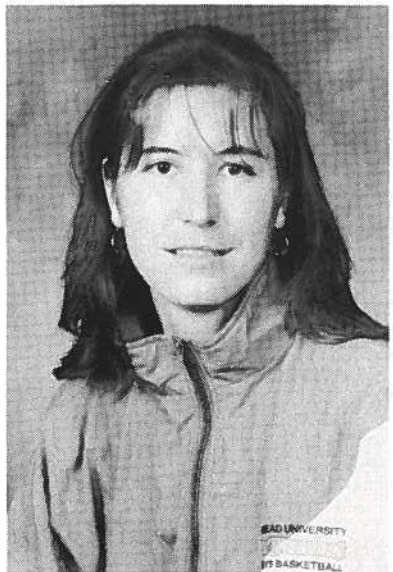
BOB MAIN - ASSISTANT COACH

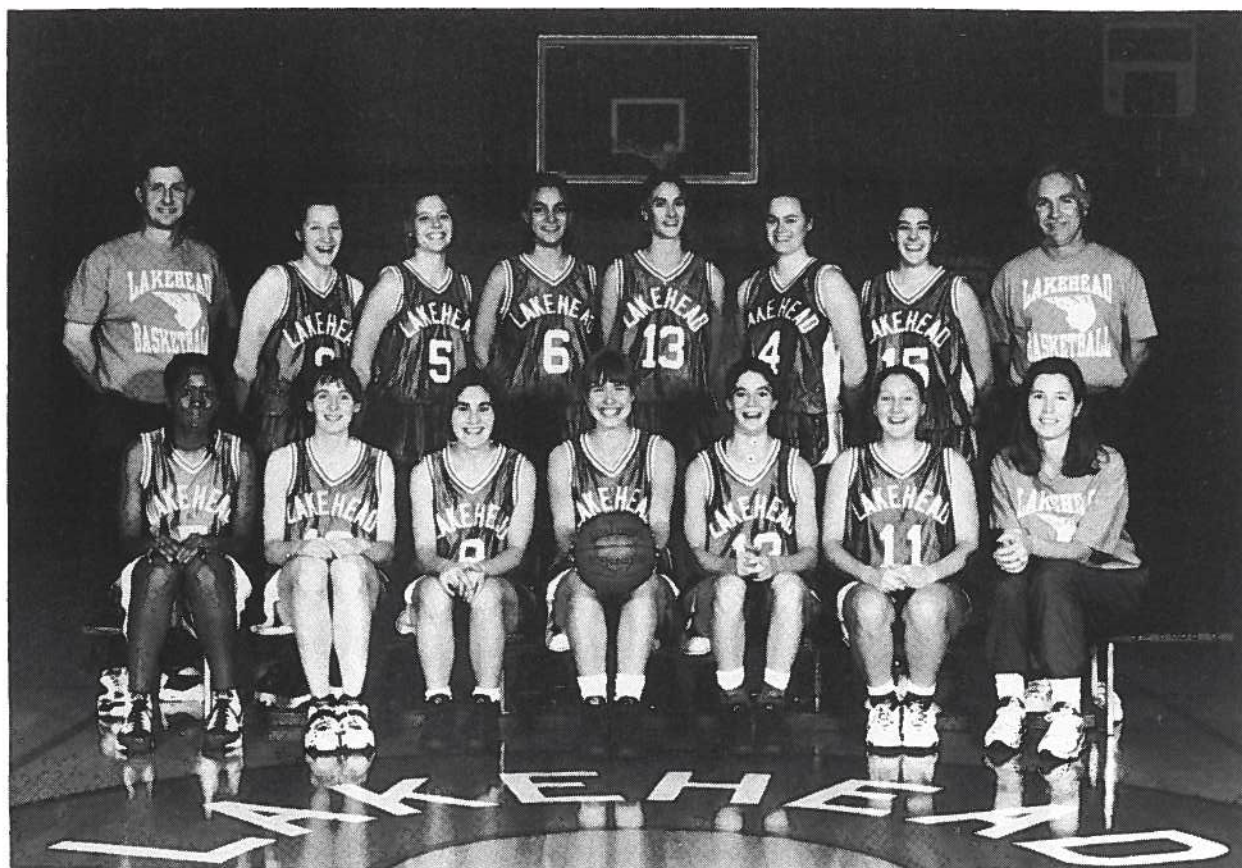
Bob is a teacher of high school physics and has taught for the past twenty-six years with the Lakehead Board of Education. He was born in Thunder Bay and graduated from Lakehead University with a B.Sc. (Physics/math) in 1968. Bob is married with two children both presently enrolled at Lakehead University. This is his fourth year as assistant coach with the Lady Nor'Westers. Bob's coaching background includes twenty-four years of coaching at Sir Winston Churchill high school. During this time, he has coached both senior and junior boys' basketball as well as spending the past fourteen years as head coach of the girls' basketball program at Churchill. The senior girls' teams have ranked as high as fifth in the province in 1989 and again in 1990; both of these teams reached the quarter finals at OFSAA. Bob has been enrolled in the M.Sc. program at Lakehead University for the past three years working toward his Masters degree in "Coaching and sport science". He will be taking a leave from his high school teaching for the school year 1995-1996 to continue his studies on a full time basis. Bob has also been involved with the O.B.A. basketball development program for the past ten years. He has taken local girls' teams to the Provincial Championships for the past two years.



PATTIE GRACE - ASSISTANT COACH

Pattie is in her first year as an assistant coach with Lakehead. Last year she was an O.W.I.A.A. All-Star and team captain. Pattie also played at the University of Toronto under head coach Michelle Belanger. "Pattie is an excellent role model for our young players. She is familiar with our system being a player, and she has very good communication skills." (Coach Julius) Pattie is currently enrolled in the Bachelor of Education program. She is married to John Grace who is an assistant coach for Lakehead's Men's Basketball Team.





WOMEN'S BASKETBALL TEAM PROFILE

This year's edition of the Lady Nor'Westers will be young to say the least. Seven new faces will wear the Blue and White. They will not only bring a new look but a great deal of speed and defensive intensity.

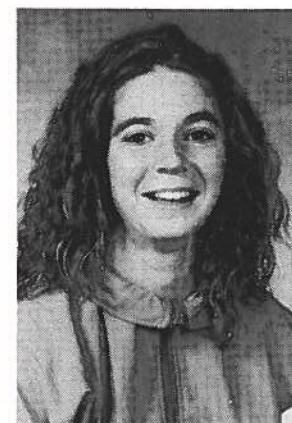
Two of the newcomers will be Amy Pinnegar and Jackie Field from OFSAA AAA champions Oakridge Secondary in London, Ontario. Amy is very aggressive on the boards and Jackie can play outstanding defense. Paula Ashby and Jackie Shaw will be playing the guard spot. Paula is extremely quick, while Jackie has the ability to control the game from the point guard position. To strengthen the inside play, Robin Lawrence, from Barrie, was recruited. Robin is 6', and can also hit the outside shot.

Returning first year players Allison Smith and Katya Masun will now have to provide experience. Both Allison and Katya had an outstanding first year. Donna Foreman and Michelle Black should provide leadership to the Nor'Westers.

The most exciting part of the 1994/95 schedule is the fact that Lakehead will be hosting their first ever National Championship in March. Coach Julius is putting together a very competitive schedule with National Champion Winnipeg, and Laurentian coming to Thunder Bay in November. Combined with tournaments in Halifax, Manitoba, Laurentian, and Winnipeg it should be a very exciting year.

We look forward to the Lady Nor'Westers to play a major role in league play and to be more than just a good host at the Nationals in March.

LAKEHEAD UNIVERSITY WOMEN' BASKETBALL ROOKIE CROP



PAULA ASHBY - First year, 5'9", Point Guard. Hometown - Milton.

Paula is entering her first year at Lakehead. During this past summer she played for the Central team at the Ontario Basketball Association Development Program.

Paula graduated from Milton District High School as an Ontario Scholar and is enrolled in Outdoor Recreation and Geography. Paula is an exceptional athlete with outstanding speed and jumping ability. She will be playing the Off Guard spot and will certainly add to the defensive aspect of the team.

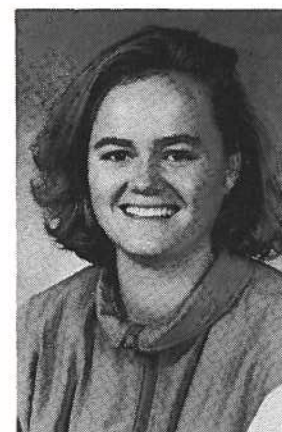
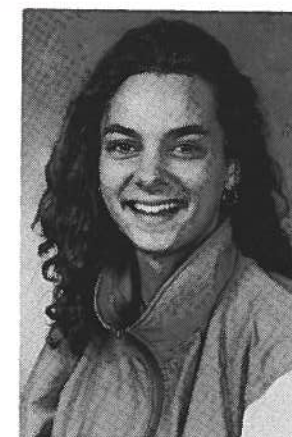
"We are very excited about Paula coming to Lakehead. Her speed is a major asset, combined with her work ethic she is a positive addition and we expect big things from her." (Coach Julius)

JACKIE FIELD - First year, 5'10", Forward/Guard. Hometown - London.

Jackie is another one of our first year recruits. She played at AAA, OFSSA Champions Oakridge Secondary in London. Jackie is an excellent addition to the team.

She has the ability to play inside and outside which brings a great deal of versatility to the team. Her fundamentals are very strong, coming from high school and playing club basketball during most of last season. She also runs the court very well.

"Jackie will play a major role in the team's success this season. She is not only a very good offensive player but she also plays very good defense. We look for her to contribute early this year." (Coach Julius)



ROBIN LAWRENCE - First year, 5'10", Post. Hometown - Barrie.

Robin comes to Lakehead from Barrie North Collegiate, where she was coached by former York star Kim Holden. Robin could be the surprise recruit from the high school ranks this year.

She plays very aggressively and can finish in the low post. She also shoots the ball very well and can hit the 3 pointer. She was Female Athlete of the Year at Barrie North and also excelled in rugby and volleyball.

"We will look to Robin to control the boards and start the break. With her outside shooting ability she will fit in nicely to the type of game that we will play. She also has a positive attitude that will certainly help." (Coach Julius)

L.U. VETERANS



AMY PINNEGAR - First year, 5'9", Forward. Hometown - London. Amy is another player from the AAA Champions Oakridge Secondary. She comes from a very solid coaching school, with Don Rowdon, and former Lakehead player Marilyn (Tink) Duhaime.

Amy is a very aggressive player and hits the boards with every shot. She also plays strong defense and like Jackie Field, can play inside as well as outside. We are very excited about Amy and expect big things from her in the 94-95 season.

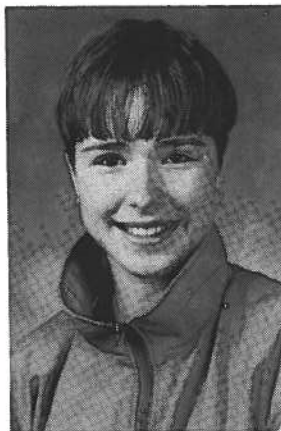
"Amy brings a great deal of aggressiveness to the team. Something that I feel was missing last season. She is one of those rare players that refuses to give up and as a result increases everyone else's performance." (Coach Julius)

JACKIE SHAW - First year, 5'5", Point Guard. Hometown - Georgetown.

Jackie is entering her first year at Lakehead enrolled in Honours Physical Education. She graduated from Bishop Redding Secondary School where she played Point Guard. She was also female Athlete of the Year at Bishop Redding.

Jackie will be playing point guard for the Lady Nor'Westers. She is a very good playmaker who can pull up and hit the outside shot. She plays with intensity on defense and we are pleased that she is attending Lakehead University.

"Jackie is a welcomed addition to the Blue and White. Being left-handed gives us a somewhat different look from the point position. Another plus with Jackie is her solid work ethic which will contribute to everyone else's performance." (Coach Julius)

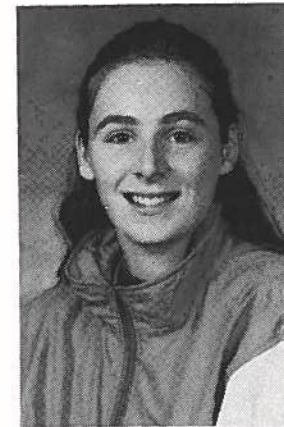


SARAH SIMPSON - First year, 5'7", Guard. Hometown - Guelph.

Sarah is the only walk-on that made the Lady Nor'Westers, and we are very happy that she did. Sarah comes to Lakehead from John Ross High School in Guelph. She is an outstanding athlete playing not only basketball, but also track, badminton, soccer, and hockey while attending John Ross.

Sarah's work ethic and defense ability earned her a position on the Lady Nor'Westers. As the season progresses I'm sure her offensive skills will improve and she will be contributing.

"As training camp opened, this one player kept getting stronger. She was diving for loose balls, and playing with 100% effort. If she was not on the court she was in the weight room after practise. With an attitude like that, Sarah will become a great player." (Coach Julius)



MICHELLE BLACK - Fourth year, 5'10", Guard. Hometown - Thunder Bay.

Michelle is one of our returning seniors this season. She is an excellent outside shooter, While also having the ability to penetrate to the hoop.

Michelle has to become more consistent this season from one Ontario West All-Star Team, providing this consistency occurs.

Michelle is an outstanding student entering Lakehead as an Ontario Scholar. Last season she was an Academic All-Canadian attaining above 80% average. She graduated in Honours Science and is now finishing her Bachelor of Education Degree.

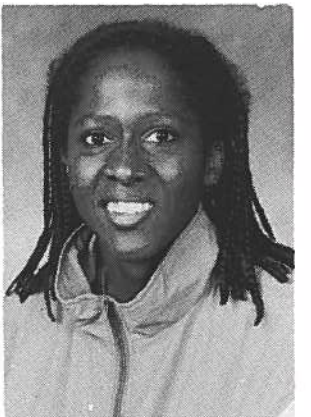
"I don't think Michelle realizes how good she can be. This will be pivotal year for her. She must learn to push herself at all times. I firmly believe that she could be outstanding, however, 'The ball is in her court'." (Coach Julius)

DONNA FOREMAN - Fourth year, 5'9", Post. Hometown - Brampton.

Donna is one of two seniors on this year's Lady Nor'Westers. Last season she was selected to the Ontario West All-Star Team. She was also selected to the All-Star Teams in the Pizza Hut Classic Tournament, and the Manitoba Tournament.

This season Donna will move from the perimeter to the Post position. Although lacking in height, her physical strength and quickness will be a major asset. Donna led the team last season in rebounding combined with her speed should make the transition game "up tempo" to say the least.

"Donna, without a doubt is the hardest working individual off the court. She is in outstanding condition. Her movement to the inside game will add strength to the board, and should cause some mismatch situation with taller opposing post. We hope to make this mismatch work in our favour." (Coach Julius)



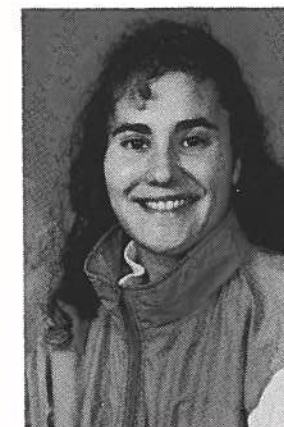
LEO ALTIERI - Third year, 5'5", Point Guard. Hometown - Elliot Lake.

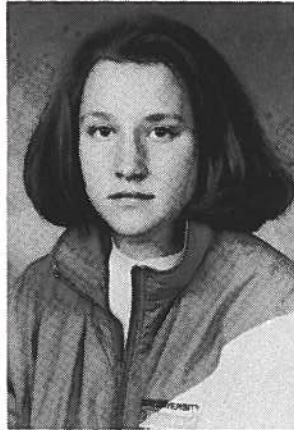
Leo is returning to the Lady Nor'Westers after a year of absence. During that absence she was a member of the cross country track team.

She came to training camp in outstanding condition and won her spot. Leo is an excellent ballhandler. Although small by most guard standards, she makes up with heart and determination.

Early in her basketball career at Lakehead she played backup to All-Canadian Point Guard Kathy Harrison. Unfortunately she did not get a great deal of opportunity to play. This will change greatly this season and we look to her to run the offense. Leo also has the ability to hit the 3 point shot.

"We are excited about Leo's return to the club. She has a great work ethic, and is truly a team player. she will provide a great deal of control in the offense." (Coach Julius)





KATYA MASUN - Second year, 5'9", Guard. Hometown - Fonthill
Katya, like Allison, is entering her second year. Last season was outstanding. She was second in scoring with 9 pts/game. As a first year player she became a starter early in the season and never lost that position.

She is a very good shooter, and has outstanding jumping ability. Katya is also an Academic All-Canadian enrolled in Geology and Geography. She will be looked upon to provide scoring and leadership this season. Opposite to Donna, this season, K.J. played the post position in high school at E.L. Crossley. Last season she had some difficulty moving from the post to the perimeter. however, by the end of the season she was one of our main threats.

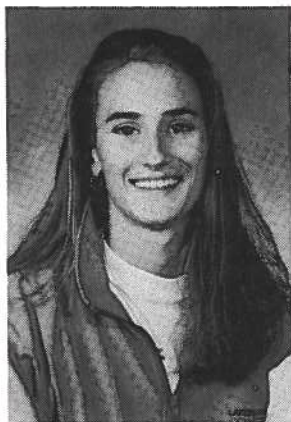
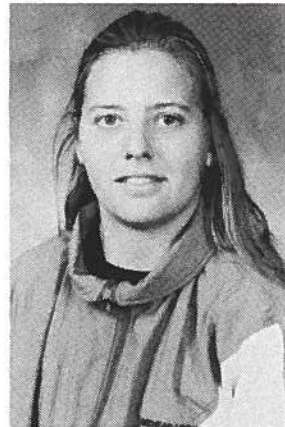
"We expect a lot from K.J. this season. She must take responsibility not only as a player but also as a leader. Sometimes she has moments of physical letdown in practise, once we get rid of these moments she will become a complete player." (Coach Julius)

VICKY YOUNG - Second year, 5'10" , Post. Hometown - Wawa.

Vicky is entering her second year with the Lady Nor'Westers. Last season she saw limited action, however improved as the season progressed.

This training camp has been a pleasant surprise for the coaching staff. Vicky has come to camp in outstanding condition, and as a result her skills have also improved. Physically she is a strong individual and should play an important role in the success of the Nor'Westers.

"We expect to see a great deal of improvement from Vicky this season. She has worked hard in her conditioning and individual skills over the summer, and we are very excited about her future as a Nor'Wester." (Coach Julius)



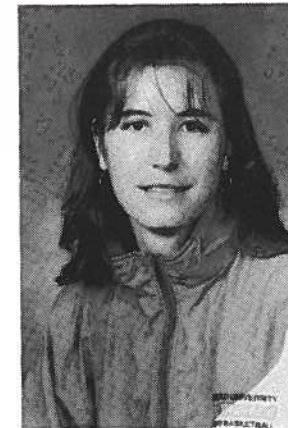
ALLISON SMITH - Second year, 6'1", Post. Hometown - Thunder Bay.

Allison is entering her second year with the lady Nor'Westers. Last season she surpassed every expectation of the coaching staff. She led the team in scoring with 12 pts/game. She was named Rookie of the Year on the Nor'Wester and was also nominated to the C.I.A.U. All Rookie Team from the Ontario Conference.

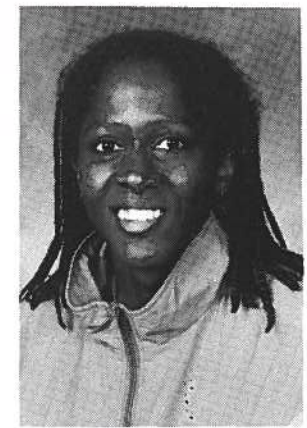
Allison's strength is her ability to get up and down the court. She has exceptional athletic talent, not only in her speed, but also in her shot blocking. Allison will play a major role in the Nor'Wester's drive to the Ontario's and the Nationals in March.

"We expect Allison to pick up where she left off in the 93-94 season and to be consistent in her play during this season. She has the ability to be an All-Canadian in the future." (Coach Julius)

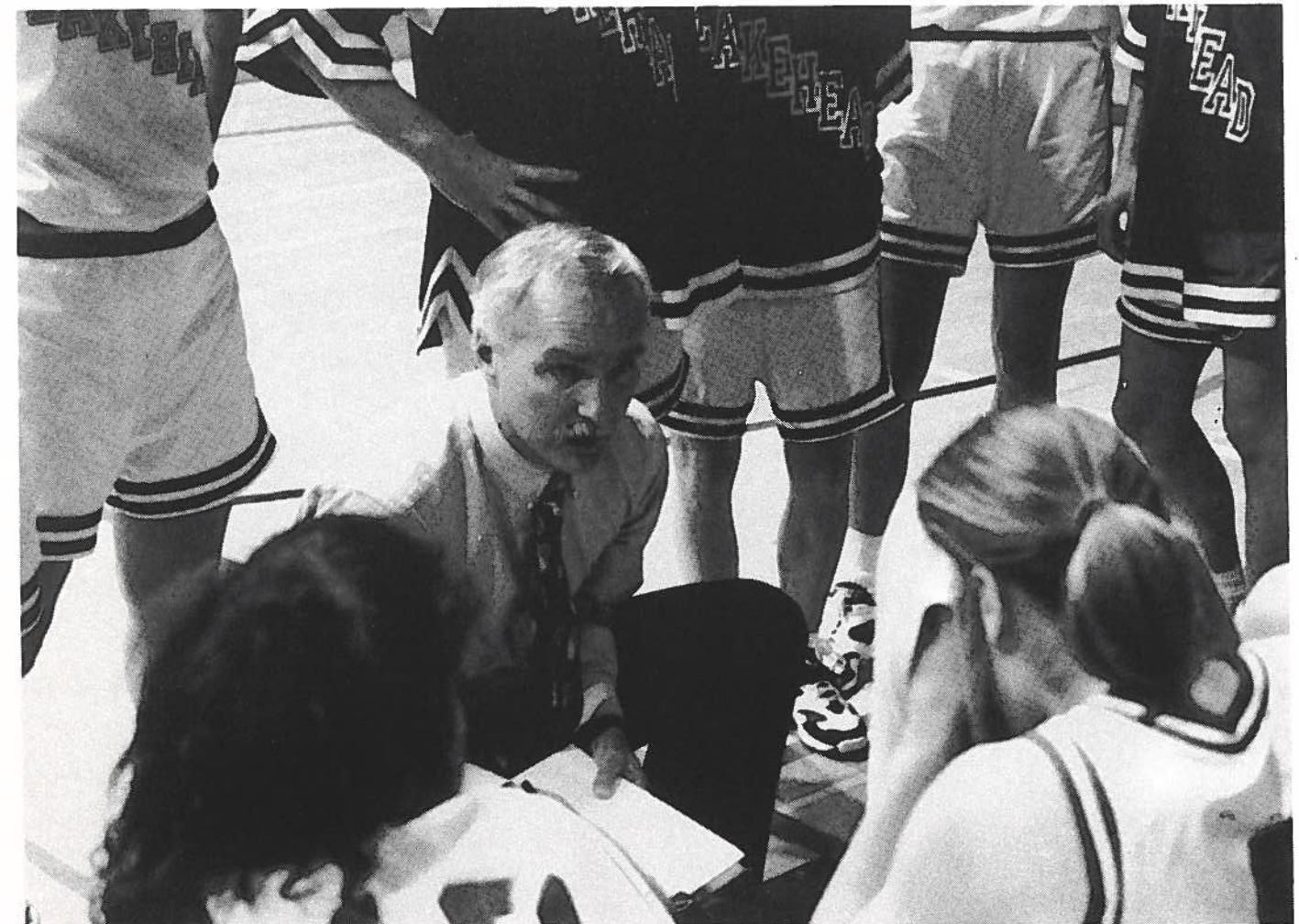
1993-94 O.W.I.A.A. ALL-STARS



PATTIE GRACE



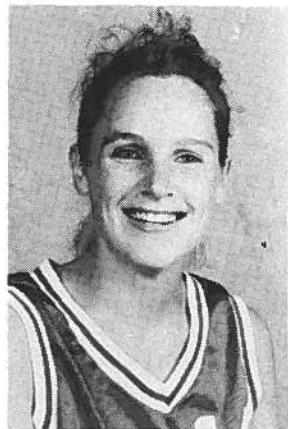
DONNA FOREMAN



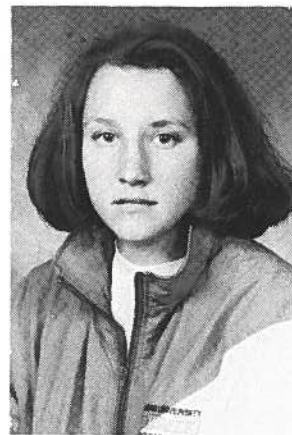
THE WINNERS CIRCLE

LAKEHEAD UNIVERSITY ACADEMIC ALL-CANADIANS

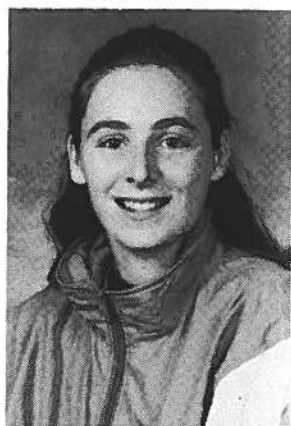
To qualify as a Royal Bank Academic All-Canadian, CIAU student-athletes must maintain a minimum sessional average of 80% while playing for their institution as a CIAU varsity athlete. Students must be enrolled in full-time studies in a degree-granting program.



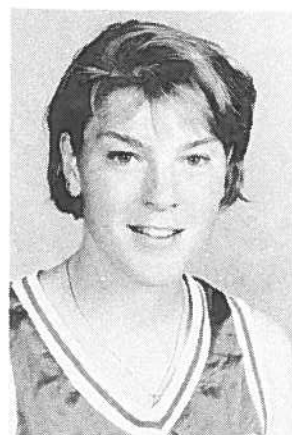
LISA CORSAUT 1993-94



KATYA MASUN 1992-94



MICHELLE BLACK 1993-94



BONNIE MCALPINE 1992-93

