

# PLAY COMPETE THRIVE

THE CAMPAIGN FOR  
ATHLETICS AND RECREATION AT  
THE UNIVERSITY OF WATERLOO





WATERLOO  
CONVENTION  
BRITT  
NY  
Kahane

SUNGLASSES

WATERLOO  
CONVENTION  
WARRIORS

WARRIORS

# AN EXCITING NEW ERA



Dear friends of Warriors Athletics and Recreation:

We're very excited to share with you **Play, Compete, Thrive: The Campaign for Athletics and Recreation at the University of Waterloo**. This is the story of our past, our present, and, above all, our future. It envisions where we're headed and how we're planning to get there.

As a member of our extended Warriors family, you play an important part in this story. Our success has always been a product of the bold dreams, generosity, and "can-do" spirit of our students, alumni, fans, and donors. Today is no different. We ask for your support and to join us on this new journey.

Warriors Athletics and Recreation has never had a more important role to play in the campus community. As you may already know, the University made a historic commitment to improving the student experience in its most recent strategic plan. As a creator of supportive and empowering student experiences, the Department of Athletics and Recreation has assumed a leading role toward achieving this goal.

Yet, to be successful in this mission, we must now elevate our services and programs so that we can better serve the entire student population, compete at a championship level, and create the kind of school spirit that befits a world-class university. To do this, we need funding for **new and expanded recreational spaces, recreation and wellness programming, and enhancements to varsity team support**.

We hope that you will consider contributing to our vision. By doing so you can create the spaces and programming that our students need to play, compete, and thrive.

Warmest regards,

Roly Webster

Director, Athletics and Recreation

# PUTTING STUDENT HEALTH AND WELLNESS FIRST

Waterloo's students are the best, brightest, and most ambitious in the country. They are innovators and visionaries, and they will one day change the world. But with great expectations comes great pressure, stress and anxiety, and these things can stand in the way of success, preventing students from performing at their best.

In fact, students today are suffering from higher levels of stress, anxiety, and depression than ever before. According to a 2016 Ontario University and College Health Association study, 65 per cent of Ontario university students reported experiencing overwhelming anxiety in the previous year, up from 57 per cent in 2013.

To realize their dreams, Waterloo's remarkable students need more than a top-flight education. They also need balance in their lives. They need physical activity and play. They need a vibrant student experience within a supportive and connected community

The University of Waterloo has had remarkable success cultivating the world's biggest and best co-operative education program and a robust innovation and entrepreneurial ecosystem. Today, we are seeking to build an equally vibrant and empowering student experience.

The Department of Athletics and Recreation will play an important part in creating this experience. Already, our diverse set of programs and services promote physical and mental health and wellbeing, teach leadership and entrepreneurial skills, and connect the campus community.

Yet, with your help, we can do even more.



**We want to ensure that our remarkable students have an engaging, purposeful and relevant experience throughout the duration of their education. The Department of Athletics and Recreation plays an important role in achieving this goal.**

**» Feridun Hampdullahpur,  
President and  
Vice-Chancellor**





# PARTNERING WITH THE COMMUNITY TO ACHIEVE SHARED DREAMS

In 1957, a group of local business leaders—known as the “fearsome five”—launched a new kind of university. Their idea was at once simple and revolutionary. A university that was connected and engaged with the world around it. A university that equipped its students with real-world experience and well-rounded skillsets.

Athletics was always central to this vision. Carl Totzke, the University’s first athletic director, believed that universities needed to nurture the whole person, training both mind and body.

The local community was quick to rally around this cause. In the same year that the UWaterloo opened, local business Seagram’s Distillery stepped forward to generously fund a new 7,000+ person sports stadium.

It was an audacious move—some even thought it foolhardy. A stadium that big for a university with a student population of just a few hundred? But Joseph E. Seagram and university leadership believed in the power of sport. They were convinced that a new stadium would forge a sense of community and put the upstart school squarely on the map.

It worked. The University of Waterloo grew rapidly. Talent from across the world flocked to the campus. While Seagram Stadium is no longer part of our campus, a diverse range of impressive athletic facilities have taken its place. These include the Physical Activities Complex (PAC), the Columbia Icefield (CIF), and the Field House (approved in 2017).

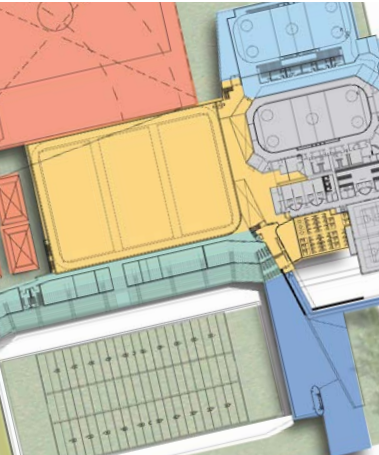
Throughout our history, UWaterloo has partnered with people like you—community members, generous donors, and alumni—to realize our shared dreams. Now, six decades after our inception, we stand where the “fearsome five” and Seagram’s did in 1957. With your help, we can reinvigorate the student experience by investing in wellness, sports, and community.



The student who took advantage of the academic and athletic opportunities offered [...] at the University of Waterloo will emerge, on graduation, sound in mind and body - in other words, a happy and useful citizen.

» GERALD HAGEY, FOUNDER AND FIRST PRESIDENT,  
UNIVERSITY OF WATERLOO

# FUNDRAISING PRIORITIES



**NORTH CAMPUS  
RECREATION  
FACILITIES**



**VARSITY**



**RECREATION &  
WELLNESS**



Artist rendering of future main entrance to the PAC





Your gift to these three priorities creates chances for our students to:

## PLAY

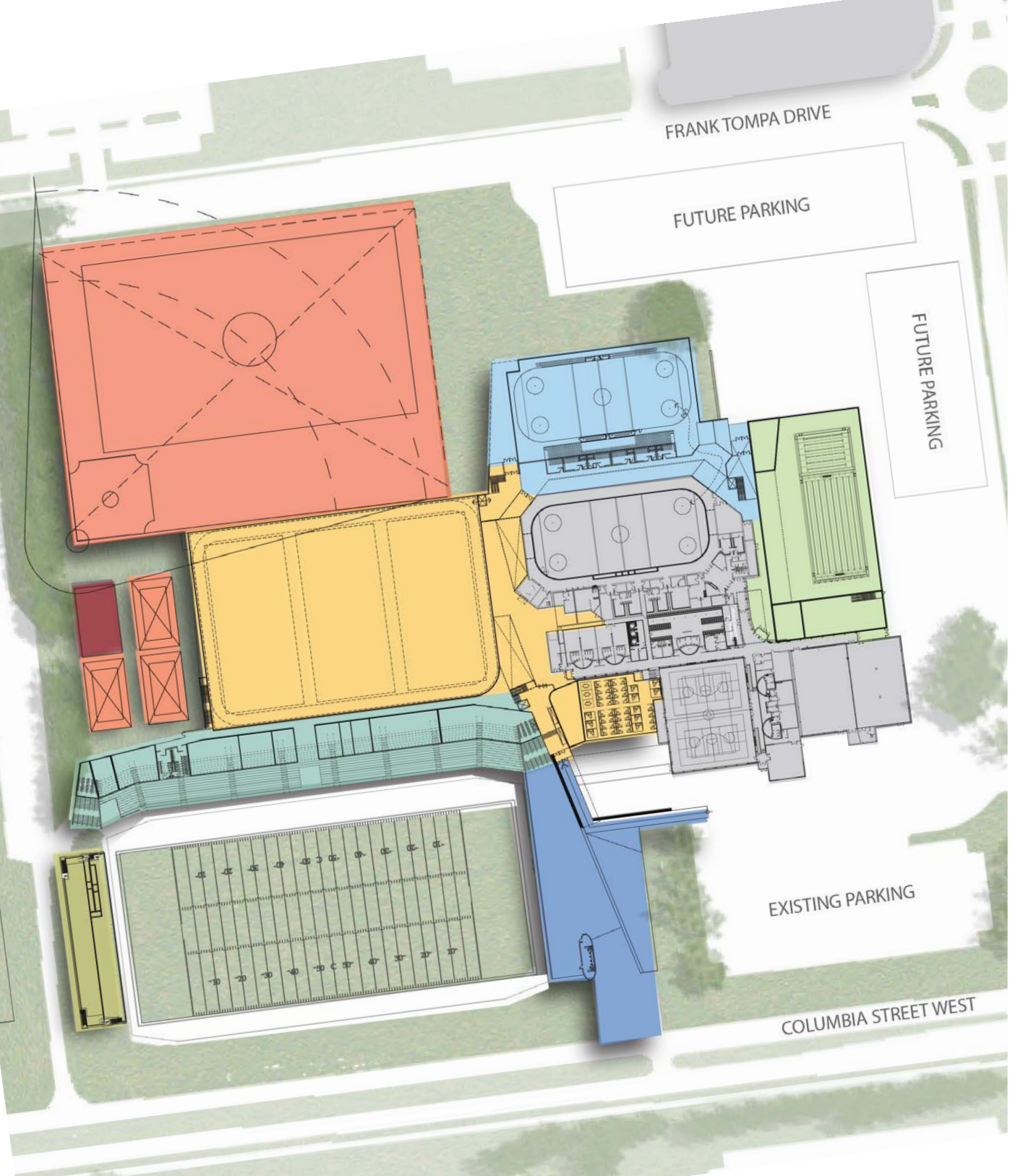
Play is fundamental to our students' health and wellbeing. When students have chances to play, they boost their physical fitness, melt away stress, make connections with other students, and have fun. Play enables them to return to their studies with renewed focus and energy.

## COMPETE

Our student-athletes compete every day to be the best in both their sport and their area of academic study. Balancing both is no easy task—let alone at an elite academic school—but this experience transforms them into confident, versatile leaders.

## THRIVE

When students feel connected to and supported by their university community, they thrive. They are healthier, happier and more likely to achieve their dreams. Wellness—physical, mental, emotional, and spiritual—is a key component of student success.



North Campus Recreation Facilities Master Plan



**There will continue to be increased demand for interdisciplinary space to engage our students. All components of what we do contributes to students' balance and well-being, providing the comfort of community while simultaneously helping them achieve their academic aspirations.**

**» ROLY WEBSTER, DIRECTOR, ATHLETICS AND RECREATION**

# A PLACE TO PLAY

We want to reach as many students as possible with our innovative programs and services. Yet, to do this, we must overcome a major obstacle: a lack of space and facilities.

The challenge is well-documented. According to a Council of Ontario Universities space assessment, the University of Waterloo has only 48% of the recreation space we need, given the size of our student population.

The day-to-day impact of this shortage is readily apparent. Crowded locker-rooms force students to pile their bags in the hallways outside our gyms. High demand for facilities means some intramural games finish as late as

12:30 A.M. Despite our best attempts to promote wellness on campus, these inconveniences can discourage students from participating in our programs.

In recent years, we have started to address these needs by renovating and expanding our facilities, drawing on the financial support of the University and our students (see figure 1). Today, we are building on this momentum by developing plans for state-of-the-art recreation facilities on UWaterloo's north campus. These facilities include:








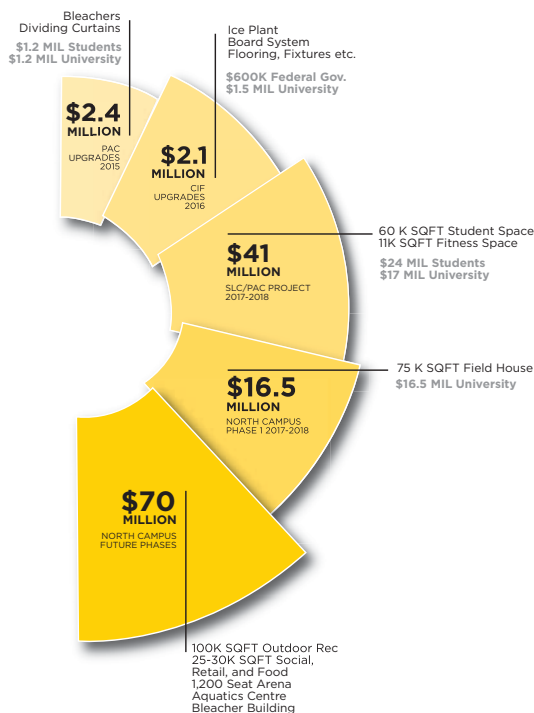
-  » permanent bleachers at Warrior Field with varsity team and change rooms
-  » an outdoor plaza
-  » a second ice rink
-  » an aquatics centre
-  » beach volleyball courts
-  » high ropes training centre
-  » additional turf fields

FIGURE 1



The facilities will provide more than just space. They will also become a lively hub for all kinds of student activity. A place where students can meet, share a coffee between classes, or study quietly. A place where students can feel plugged-in to the active community all around them, and be inspired to participate.



Mike Guimond (BSc '75) with 1974 National Championship trophy



**As a student-athlete, you're learning to work in a team environment. You're learning commitment and time management. You're learning perseverance. If you lose or don't perform well, you're back at it the next day. That to me is very similar to working in a company. We've had employers contact us directly looking for athletes to hire, because they know what a good fit our athletes are in their workplace.**

**» BRIAN BOURQUE, ASSOCIATE DIRECTOR,  
INTERUNIVERSITY SPORT, AND MEN'S HOCKEY HEAD COACH**



# BUILDING COMMUNITY COMPETING FOR CHAMPIONSHIPS

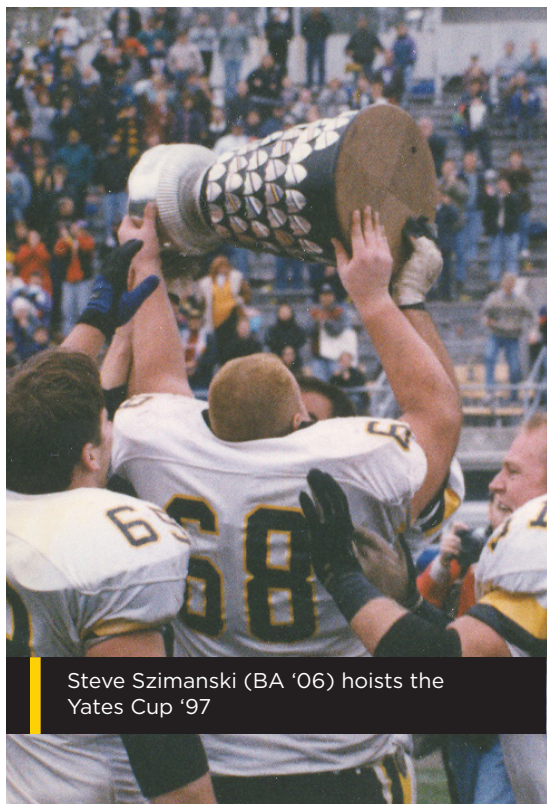
We're proud of our distinguished history of athletic achievement, but today, as we stand on the cusp of a new era of Warriors Athletics and Recreation, we want to elevate our game. We aim to make our varsity programs just as competitive, innovative, and renowned as our academic ones. We aspire to improve our supports for our varsity athletes, further connect the campus community, and win more championships.

How can you help us get there? Your donation to the following three areas will make an immediate difference.

**Athletic Financial Awards** – Between the demands of a grueling varsity schedule and the pressures of academic study, student-athletes have a lot on their plate. They shouldn't have to worry about finances too. By supporting athletic financial awards at UWaterloo, you ensure that our athletes can put their focus where it belongs—being their best in the classroom and on their field of play.

**Coachships** – Excellent coaching is key to the success of our athletes. A coachship helps us attract and retain the best coaches in the country. By funding a coachship, you provide student-athletes with leadership and mentoring that will have an enduring impact on their lives.

**Team Specific Support** – Choose the varsity team of your choice and support their ongoing program needs, including strength and conditioning, athletic therapy, sport psychology, equipment and exhibition play.



Steve Szimanski (BA '06) hoists the Yates Cup '97



Warriors Men's Basketball celebrates the 1975 CIAU National Championship

“

Waterloo was the best place for me to continue my collegiate football career after being in the NCAA and to pursue higher-level education at a world class institution prior to beginning my CFL career. I'm very excited about the direction that Coach Bertoia has taken the football program and the overall direction of Warriors Athletics and Recreation under the leadership of Director Roly Webster. I will continue to support the Warriors any way that I can.

» CHRIS BEST (MAsc '10),  
WARRIORS ATHLETICS ALUMNI AMBASSADOR



Tiffany English (BASc '11) during OUA competition



# BILL AND TIFFANY'S STORY

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NexJ Systems Inc. CEO and visionary Waterloo donor Bill Tatham (BASc '83) understands elite athletics.

His mother, Marnie Tatham, was a University of Waterloo Hall of Fame diving coach. As a child, Bill vividly remembers watching the Canadian national diving team practice in his backyard pool in Woodstock, Ontario, in the heady years leading up to the 1976 Summer Olympics.

Bill was an accomplished diver himself. He was also active in field sports. As an undergrad student at Waterloo, Bill starred on the pitch as a member of the men's rugby team.

Having grown up immersed in a sports culture, Bill knows better than most the drive, commitment, and passion needed to succeed as an athlete. And, as one of Canada's most successful business leaders, he has seen that these same qualities make athletes great workplace leaders.

That's why he took note when a star University of Waterloo golfer joined NexJ Systems in 2011. The athlete was Tiffany English (BASc '11), former two-time Warrior athlete of the year and captain of the women's golf team.

Tiffany, whose degree was in mechanical engineering, was embarking on a dramatically new career path in joining NexJ. Now, as she tackled quality

assurance at a software company, she was learning everything on the spot.

But Tiffany was undaunted. Her Waterloo athletics background had perfectly equipped her for the challenge. "Through athletics, I developed the ability to adapt quickly to unpredictable situations, and handle whatever comes my way," says Tiffany. "It helped me to feel comfortable in competitive environments."

As Research Program Manager, Tiffany helped NexJ successfully raise over \$55 million in funding for research. As a result, NexJ was able to publish peer-reviewed clinical trials on the excellence of NexJ software.

Bill was impressed with Tiffany's achievements. "I saw right away that she had ambition. But she also had mental and emotional discipline, and the desire to learn, compete, and win. These are all key attributes in any workplace."

Today, Tiffany is Director of Products at NexJ Health Inc and credits Warriors Athletics and Recreation not just with building her skillset, but for having an "all-around" impact on her health and wellbeing.



**It forced balance in my life. I couldn't just go 100% into my academics, I needed to maintain a good fitness level and maintain practice schedules.**

**» TIFFANY ENGLISH (BASc '11)**



We're working with an age group that is ideal for building lifelong habits. If we can reach them now, we can have an impact on the rest of their lives.

» DONNA RHEAMS, MANAGER OF RECREATION AND WELLNESS

# HELPING STUDENTS THRIVE

Intramurals, clubs, and wellness programs are sometimes considered extra or supplementary to the main activity of post-secondary education—the learning that takes place inside the classroom.

Not at Waterloo. Recreation and wellness activities are, and always have been, fundamental elements in our innovative and holistic education.

Why? For one, research overwhelmingly suggests that wellness—physical, mental, emotional, spiritual—is linked to success in all spheres of life. This is the reason

why innovative companies across the world are investing in office gyms, staff nutritionists, and mental health initiatives. And it's the reason why we continue to aspire to be at the forefront of the campus wellness movement.

Our intramural and recreational programs are extremely popular, with offerings as wide-ranging and diverse as our campus population. Quidditch, anyone? How about Dragon-Boat? These programs enable students to build social networks, gain leadership skills, get physically active, take a break from their studies, and, above all, have fun.

Meanwhile, wellness programs, such as Move your Mind, help our students balance their academic pursuits with their health and wellness needs, and form healthy habits that will last a lifetime. In addition to these programs and our facilities also provide opportunities to our faculty and staff to be active, bringing health benefits to the entire UWaterloo community.

## THE BENEFITS OF RECREATION FOR FIRST YEAR STUDENTS

- » Smoother transition from high school
- » Better able to manage academic workloads
- » More cooperative and collaborative with peers
- » More connected and a greater sense of belonging

*Mayers, R. F., Wilson, A. W., & Potwarka, L. R. (2017). The moderating effect of campus recreation participation in the relationship between grade point average and first-year student engagement: an exploratory study. Recreational Sports Journal, 41(2), 101-110.*



# EXTENDING OUR REACH, EXPANDING OUR OFFERINGS



Wellness is the foundation on which our students build as they pursue academic success, play for national titles, launch start-ups, and embark on careers.

In the next five years, we want to extend the reach and magnify the impact of our existing wellness and recreation programs, while adding innovative new ones.

We've got some exciting ideas for the future, including:



OUTDOOR PLAY AND  
WORK OUT SPACES



UNPLUG / NAP  
ROOMS



DISC  
GOLF



STUDY  
SPACE



HIGH  
ROPES



BEACH  
VOLLEYBALL



GAME  
ROOMS

**By donating to wellness and recreation programs, you will help our exceptional campus community find a healthy balance between academic pursuits, physical activity, and mental well-being.**



# LUXSUMI'S STORY



Three years ago, Luxsumi Jeevananthan, an ambitious Waterloo engineering student, grew severely depressed. She says it got so bad that she was

ready to “give up on life.” She tried anti-depressants and various forms of therapy, but nothing seemed to work. Drained of energy, she struggled in her classes.

When Luxsumi’s therapist suggested a UWaterloo program called Move Your Mind, which helps students get the mental, physical, emotional, and spiritual benefits of physical activity, she was skeptical.

“It just sounded like yet another attempt at getting myself out of depression,” recalls Luxsumi.

At the urging of her therapist, Luxsumi agreed to give the program a try. She was connected with the Move Your Mind Coordinator, a peer and co-op student representing Warriors Athletics and Recreation. The Move Your Mind Coordinator helped Luxsumi find activities and exercises that fit her needs, shared

nutrition resources on campus, and paired her with a peer volunteer (‘a buddy’) for extra support and motivation.

After spending some time in the Move Your Mind program, Luxsumi found that her mood was improving and her energy returning. The difference was striking to those around her. “People noticed that I was smiling a lot more and I was more outgoing after being in Move Your Mind,” says Luxsumi.

She was filled with a new confidence, and felt inspired to get more involved in her community. In particular, she joined a number of women in tech groups, going outside of her comfort zone to meet new people in her profession.

**“The Move Your Mind program has helped me see that I can pursue my passion and that I can make a positive impact on others,” says Luxsumi. “It has taught me that nothing is easy and that obstacles do exist, but it is possible to overcome these obstacles.”**

Move Your Mind is one way Warriors Athletics and Recreation is helping Waterloo students overcome mental health challenges.



**As a member of the Muay Thai club in my first year, I was able to develop a health outlet for a lot of anger I was harboring as a teen. The community of execs and members, along with the emphasis on hard work and introspection, helped me cope and thrive while living with depression. Although I initially joined the club as a means to get some high-intensity cardiovascular work, it was the first real step I took towards supporting my mental illness.**

**» GUY DANIELS (BSc '16), FORMER MUAY THAI CLUB MEMBER**



“

The University of Waterloo has made a commitment to create a top notch athletics program. They have hired excellent coaches and recruited top students-athletes. My family and I are very happy to help support the Waterloo Warriors any way we can, whether it's through expanding community interest by bringing our network to games and events, or through our philanthropic support! Go Warriors!

» PETER AND JENNIFER BANKS,  
WARRIORS ATHLETICS AND RECREATION DONORS

# DONATE TO HELP STUDENTS ACHIEVE THEIR DREAMS

The University of Waterloo's vision has been the same since the beginning. Nurture the whole person (mental, physical, emotional, and spiritual) by providing a unique education that encourages learning inside and outside the classroom, in work and in play. It is an inspiring vision, one that recognized, ahead of its time, the importance of athletics, recreation, and wellness to student success.

At Warriors Athletics and Recreation, we've fearlessly pursued this bold vision knowing we can count on the vision and generosity of our extended family to help us realize it. You—our alumni, fans, donors, and community

partners—have been essential to our success. Whether it's by cheering on our teams, welcoming students into your workplace, or funding awards and facilities, you've fueled Warriors Athletics and Recreation.

Today, with your help, we will take the next step by creating a campus-wide culture unlike any in Canada: one that promotes health, wellness, and community as a means of fostering tomorrow's leaders.

**Please give to Warriors Athletics and Recreation today to create opportunities for our students to play, compete, and thrive.**



**I have discovered a variety of ways to support our Warriors student-athletes, and I receive immense joy from doing as much as I can. From my named award for Men's Hockey, to funding the team gift, to supporting the Warriors Football team through the Adopt-a-Warrior program, our student-athletes deserve everything we can give and they are always so appreciative. I encourage our entire UW community, alumni, staff and faculty like myself, to join me in supporting our incredible student-athletes to be the best they can be both on their respective field of play and in the classroom.”**

**» MARY ANN VAUGHAN (MA '92), CONTINUING LECTURER, ECONOMICS, FACULTY OF ARTS**





**ATHLETICS AND RECREATION**

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