

**SPECIAL
POINTS OF
INTEREST:**

- **Doug Abercrombie Retires**
- **Blues Basketball off to a Perfect Start**
- **Blues Women's Volleyball going for Gold at Provincials**

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**Alumni Committee
Administration:**

JASON ELLIGOTT,
Alumni Committee President
(Soccer 1994-1996)

CHRIS UFFORD,
Alumni Committee Vice President
(Basketball 2005-2008)

Doug Abercrombie, Head Coach of the Women's Soccer Team for the Past 16 years is Retiring

Doug Abercrombie is stepping down after 16 incredibly successful years guiding the Blues.

He leaves with five national titles, eight provincial titles, two BCCAA coach of the year awards as well as a large share of the CCAA Soccer Supremacy Award Capilano won for dominating the sport at the national level from 1974 to 1999.

Doug said he is very proud of his on-field records with the Blues but one thing trumps all of the titles.

"The most exciting part is I met so many absolutely super kids over the years, some characters and some players with immense talent," he said. "You can't keep track of them all, that's the problem. After 16 seasons, 18 kids (per season) times 16, that's an awful lot of really fabulous people that I've met."



*Abercrombie will be honoured at a Capilano basketball game **January 14, 2011** when the Blues men and women take on Kwantlen Polytechnic University starting at 6 pm.*

Abercrombie's farewell will take place at halftime of the men's game, the second game of the night.

We invite all athletes past and present to attend the game to recognize and acknowledge Doug's work at Capilano.

Golf

On October 23rd and 24th Seymour Golf & Country Club hosted the final tournament of the BCCAA Golf Tour.

The Capilano University team won its first ever tournament finishing with a 595 score (using the four best scores out of five team members for two days – team scoring average of 74). Final day scores in dreadful conditions were outstanding: Kyle Moody shot 73, Matt Steger shot 72, David McGlone and Kyle Roszman shot 76's.

Kyle Moody also tied with one other player (BCCAA rules do not utilize tie breaks) for the low individual honours at this event. Kyle shot rounds of 70 - 73 to win his first BCCAA tournament at his home course!! He just nudged out fellow teammate and Seymour Member Matt Steger who finished one shot behind him.

If this success wasn't enough Kyle Moody was also named a BCCAA All-Star based on his outstanding play throughout the year and was named BCCAA Athlete of the Week. His seven round scores of 77-69-70-78-70-71-73 placed him first overall in the League.



Kyle Moody

Women's Basketball



Sasha Polischuk

The Capilano Blues women's basketball team brought in some new superstar talent this season, scoring a couple of recruiting coups to instantly turn themselves into national title contenders.

Monika Starczynowski -- a slashing fourth-year guard from Surrey. Jessica Franz a transfer last season from Thompson Rivers University was named an All-Canadian in her first year with the Blues. Marti Dumas, fresh off a two-

year stint playing soccer with Simon Fraser University, and University of Manitoba transfer Jenna Ralston. That's a ton of talent for a college team, including four players with CIS- or NCAA-level playing experience.

Sasha Polischuk in her first year with the Blues, is averaging a league leading 26 points per game and also leads the league in assists with 6 per game. Veteran Jessica Franz is contributing 20 points per

game to place her 2nd in the league scoring standings and 4th in rebounding with 9 rebounds per game. The Blues Women's basketball team set another milestone with the most productive offence for the first half of the season in the team's history. The Blues are averaging 98 points per game. Defensively they have held opposing teams to an average of 56 points per game.

Off to a PERFECT Start.....

Blues Basketball teams earn perfect start to 2010 BCCAA season.

The Blues Basketball program achieved 2 firsts during the first half of play in the BCCAA season.

Both teams have finished a perfect 7-0 and enter the Christmas Break atop the league standings.

Did you Know ??? We were the....

2010 CCAA National Men's Badminton Doubles Gold Champions and Men's Singles Bronze Medalists

Men's Basketball

The men are led by point guard James Lum who is currently 4th in the league in scoring, averaging 18 points per game while sitting in 3rd place in the BCCAA for assists with an average of 6 per game. Lum was also the BCCAA Athlete of the Week for men's basketball earlier in November.

Jordan Yu's sophomore year as coach of the Capilano University Blues men's basketball team couldn't be more perfect. Yu's style of basketball has the Blues focused more on defence and as a result the Blues are the best defensive team after four weeks of play allowing only 473 points against (60 pts/avg./gm). But they haven't

forgotten how to score as they are fourth in the league with 572 points for (82 pts/avg./gm).



James Lum

Did you Know ???

Blues Athletics has won 52 BCCAA championships and 14 CCAA championships and 14 Coach of the Year awards since 1974. On the academic side of things, there have been 31 CCAA Academic All-Canadians since 1996 awarded to Capilano University, 44 BCCAA academic Excellence awards since 2002 and 53 CCAA All-Canadians.

Women's Volleyball

The 2010/11 edition of the Capilano Women's Volleyball team is one of the most experienced groups to take the court for the Blues. Kristie Lum (libero) (3rd in BCCAA in Digs – 5/gm), Michelle Torresan (power) (4th in BCCAA Kills – 3/gm) and Rachel Unger (middle) (1st in BCCAA Blocks – 1.40/gm) all return for their 4th year and will provide leadership, experience and high levels of performance. Kendra Thomson (3rd year OH) is returning after a very successful sophomore year and will add strength to the Blues attack. Second year players, Jackie Caverly (libero), Alicia Catalano (middle) (4th in BCCAA Blocks – 1.04/gm) and Ashley Cousens who was the BCCAA Athlete of the Week in November. (5th in BCCAA Blocks - .92/gm) return after posting excellent performances in their rookie seasons.

This year, the team has added perhaps the most talented group of recruits in Blues' history. In Coach Desjardins' opinion, "Our recruits this year are outstanding. All of our seven first year players have played for the Provincial Team." He adds, "This season we will have a lot of competition for starting positions. I feel that this will be very healthy for the team and will give players confidence in each other as we progress throughout the year. We will have depth at every position and we will be able to field a very balanced line up."

Desjardins, returning for his 12th season with the Blues, is excited about the team's prospects, "We have all of the ingredients to perform at a very high level. If we can compete consistently we will have a very successful season." The Blues are currently in 3rd in the BCCAA with a 6 win/2 loss in 8 matches played record.



A few words...from the Athletic Director

I am very pleased to see that the Capilano University Athletics Alumni Association has been established and is now well on its way into its development.

The success of our Alumni Association will depend on the contribution and commitment of our alumni as we move forward in engaging all of our past athletes to register for the Association and become active members and participants in what our Association has to offer. We are all very excited about the possibilities which our Alumni Association has to offer its members. Our ultimate goal is to re-establish the network and friendships which once were when you were active for the Blues. We have planned to host a reunion of all our athletics alumni in the Fall of 2011 and we will need the assistance of all alumni to let each other know about this exciting opportunity to reconnect with your college past.

As we move into our third year as a University, the future of Blues Athletics looks very bright and we would like to share the moments which the future will bring with all of our alumni. Because what we have become is a result of what we all contributed to our teams over the many years. I therefore, encourage and invite all past athletes, head coaches, assistant coaches and team managers to reconnect with your team mates by becoming a member of the Capilano University Alumni Association.



EDITOR'S NOTE

- Articles provided by Andy Prest, North Shore News
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- Photos provided by Paul Yates, Vancouver Sport Pictures



WE WANT TO HEAR FROM YOU!!

Capilano University

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If you haven't already registered on our website as a Blues Alumni — please do!!

To register and update your contact information visit our website at www.capilano.ca/blues.

We look forward to hearing from you!



Home Game Schedule



Blues Athletics Invites You to
Catch the Blue Wave...



BASKETBALL

<u>Day</u>	<u>Date</u>	<u>Away</u>	<u>Home</u>	<u>Women</u>	<u>Men</u>
FRI	14-Jan-2011	Kwantlen	Capilano	6:00pm	8:00pm
SAT	15-Jan-2011	Kwantlen	Capilano	6:00pm	8:00pm
FRI	28-Jan-2011	VIU	Capilano	6:00pm	8:00pm
SAT	29-Jan-2011	VIU	Capilano	1:00pm	3:00pm
FRI	4-Feb-2011	Douglas	Capilano	6:00pm	8:00pm

VOLLEYBALL

<u>Day</u>	<u>Date</u>	<u>Away</u>	<u>Home</u>	<u>Women</u>	<u>Men</u>
FRI	21-Jan-2011	UBC O	Capilano	6:00pm	7:45pm
SAT	22-Jan-2011	Selkirk	Capilano	1:00pm	2:45pm
SAT	5-Feb-2011	Douglas	Capilano	6:00pm	8:00pm
FRI	11-Feb-2011	CBC	Capilano	6:00pm	7:45pm
SAT	12-Feb-2011	UFV	Capilano	6:00pm	7:45pm

Catch the Blue Wave