



WHAT IT'S LIKE TO BE A COUGAR?

- You get to be a part of one of the most successful and largest teams at the U of R;
- With hard work and the best coaching in Canada you will reach your athletic potential;
- You will enhance your career opportunities by obtaining an outstanding education; and,
- You will have lots of fun and get a chance to become a champion

COUGAR ATHLETIC PERFORMANCE

As a team, the Cougars are consistently ranked in the top 3 in Western Canada (CanWest) and top 8 in Canada (USport).

In 2013-14, the Cougars won their third (2009-10, 2010-11) CanWest Track and Field Championship and finished 6th place at USPORTS (Formerly CIS). The Cougars have also been champions in Cross Country winning the CanWest Cross Country Championship banner in 2009-10.

Individually, Cougar athletes have competed at the highest levels including the World Track and Field Championships, Pan American Championships World Student Games (FISU), World Juniors, Francophone, NACAC, Canada Games and the World Junior and Senior Cross Country Championships.

Each Season, the Cougars have multiple medalists at the CanWest and USPORTS Championships.

To learn more about the level of performance of Cougar athletes check out the Team Standards, Top 10's and Records at www.reginacougars.com

THE COUGAR COACHES

Head Coach Wade Huber is an NCCP certified coach who coaches the jumps and combined event athletes at the U of R.

Wade has 15 years of experience as a coach and athlete at the U of R. As an athlete Wade competed in Long Jump at the provincial, collegiate, national & International level and still maintains the Cougar Long Jump Record.

The Cougars maintain a full complement of event group coaches including:

Alger Seon - Sprints & Hurdles;
Bevin Thompson - Distance & X-Country;
Wade Huber - Jumps & Combined;
Megan Talaga - High Jump;
Lex Ewen - Jumps
Darrell Baiton - Middle Distance;
Stephen Davis - Distance & X-Country;
Terry Mountjoy - Throws.

CLUB AFFILIATION

The Cougars are a registered club with Saskatchewan Athletics. At non-university meets, athletes are encouraged to compete for the same club they competed with before university or can compete as members of the University of Regina Track Club (URTC).

ATHLETIC FACILITIES

Indoor training occurs at the Centre for Kinesiology, Health & Sport; the facility includes:

- A 200m Mondo track with a long jump pit;
- Two weight rooms including a High Performance Athletic facility;
- On Campus Athlete Team Room;
- Hydro therapy and training room; and,
- Five gyms and a swimming pool.

The track facilities are reserved for the exclusive use of the team during regular practice times. Indoor practice times are 6:30pm – 8:30pm Monday to Thursday and 9:30am – 11:30am on Saturday. There are also opportunities for afternoon practice during the competitive season to accommodate class schedules.

Outdoor training takes place at the Canada Games Athletic Complex located in Douglas Park and indoor meets are held at the Sportsplex (Fieldhouse). The U of R and all other training facilities are located in Wascana Park; a 2,300 acre urban park with a variety of scenic running trails.

SPORTS MEDICINE

In house service that offers year round access for varsity athletes to health services including athletic therapy, physiotherapy, massage, chiropractic, acupuncture, and sports medicine. Sports psychology and nutrition services are also available on campus. Student athletic trainer coverage is provided at each practice and competition.

ATHLETIC COMPETITION

The Cougars compete in the CanWest conference each year. CanWest is one of the two most competitive conferences in USPORT. To see the level of competition the Cougars face please visit www.trackie.com/USports/ for the annual performance rankings and results.

The competitive season for cross country runs from September to November (3-5 meets) and for track and field from January to March (4-6 meets).

The Cougars host one cross country meet and two track meets each season and travel throughout Canada and the Northern United States for the remainder of the competitive schedule.

While on the road, the Cougars travel as a team of about fifty athletes. Meet fees, travel (bus or air), hotels and a team meal are paid for and organized by the U of R.

EXPECTATIONS OF STUDENT-ATHLETES

- Read, understand, and agree to the U of R student-athlete agreement;
- Remain academically eligible at all times;
- Attend 4-5 practices & 1 team meeting each week during the season;
- Achieve a team performance standard;
- Be available to compete at multiple competitions including the CanWest & USPORT championships; and,
- Participate in team fundraising initiatives.
- Be a leader. Always act in a way that enhances the image of yourself, your team, and the University of Regina.

THE UNIVERSITY OF REGINA

The Cougars are dedicated to providing all student-athletes the opportunity to excel both academically and athletically. Academically, the U of R provides a dynamic, innovative and supportive learning experience with a growing national reputation for excellent teaching and leading-edge research. Small class sizes and a variety of services to support student achievement create a quality of student life second to none.

The U of R is well known as a leading university in the areas of Arts, Business Administration, Education, Engineering, Kinesiology, Nursing, Sciences and Social Work. With almost 15,000 students enrolled in 25 departments within 10 faculties there is something for everyone.

Although the application deadline is August 1 for most programs, the priority deadline for best course selection is March 15. For admissions information visit www.uregina.ca/admissions/

For more information on the additional services available to U of R students visit www.ursu.ca/ & www.uregina.ca/student/support/index.html

CONTACT

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ACADEMICS

Being on the Cougars means that you are a student-athlete, notice that student comes first. All athletes are required to be full-time students by registering in 3 classes or more each semester.

Each season the Track and Field and Cross Country team is ranked as one of top performing academic programs at the U of R. The team's annual GPA is over 70% and each season more than 25% of athletes are Academic All-Canadians with GPA's of 80% or higher.

The coaches ensure that a busy competition schedule is arranged around the academic demands of university life. The Cougars also have set study time on all road trips.

UR GUARANTEE PROGRAM

The UR Guarantee Program is an initiative from the University of Regina that guarantees that you, as a UR Guarantee member, will find employment in a career-related position within six months of completing your degree or the University of Regina will waive the tuition and course fees for an additional 30 credit hours of undergraduate courses in the following year. See www.uregina.ca/urguarantee/ for details.

STUDENT SUCCESS CENTER

The Student Success Center offers students free interactive workshops to improve their study skills, note taking, and time management. They also provide one-on-one advisement and writing, math, and stats tutoring to ensure all students have the support they need to be successful.

AFFORDABILITY

The U of R offers an affordable education option; the approximate cost to take one full academic year of study (10 classes) is \$6,000 for tuition and fees and \$500 - \$1000 for books. On campus housing is available at a cost of \$6,000-\$7,000, and meal plans start at \$2,400 per academic year.

SCHOLARSHIPS / AWARDS

The U of R offers a variety of athletic, academic, and athletic/academic scholarships for top athletic recruits and continuing student-athletes; the university provides Cougar track and field athletes with more than \$100,000 in athletic related scholarships each season. Individual awards range from \$1,000 up to \$6,500 per season.

Athletic scholarships are awarded based on athletic performance and potential. To be considered for an award a student-athlete should meet the following criteria:

Entering student-athletes:

- Academic entering average of 80% or better
- Athletic performance equal to the veteran team standard or better

Continuing student-athletes:

- Academic average of 70% or better
- Athletic performance equal to the top 3 performances at CanWest or better.

In addition, each Cougar student-athlete who achieves an 80% university average will receive a \$6,000.00 Academic All-Canadian Scholarship.

The U of R also offers a number of academic scholarships including an automatic award of \$2,000 and \$3,000 for high school students with entering averages of 90.00 – 94.99% and 95%+ respectively.

For more information on U of R Scholarships visit: www.uregina.ca/awards/scholarships/



TRACK & FIELD | CROSS COUNTRY
INFORMATION PACKAGE