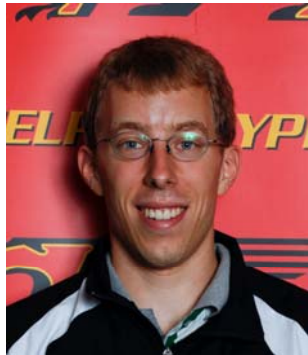




Monday, November 16, 2009

ATHLETE OF THE WEEK



MATT BRUNSTING, CROSS COUNTRY

Matt Brunsting defended his men's individual title at the 2009 CIS Cross Country Championships hosted by Queens in Kingston, Ont. on Saturday. The Biological Engineering Student finished the ten kilometre race in 30:34.3, ten seconds ahead of silver medalist and teammate Kyle Boorsma (Guelph, Ont.). He was named the CIS Athlete of the Year and a First-Team All-Canadian for the second straight season. He also led the Gryphon team to their fourth consecutive team title and ninth banner overall, tying a CIS all-time record for most first-place finishes.



LINDSAY CARSON, CROSS COUNTRY

Lindsay Carson, a third-year member of the Gryphon Cross Country team from Cambridge, Ont. won the silver medal on Saturday at the CIS Championships. The Biological Engineering student was also named a First-Team All-Canadian and helped her team make CIS history winning their fifth consecutive national title. The Gryphon women became the first team in history to earn five championship banners in a row. Returning from injury, Carson finished the five kilometre race in 17:14.3.

CIS CHAMPIONSHIPS

CROSS COUNTRY

Upcoming Meet: NA

Last Week: 1st Men & Women's Team; Top Individual (1st - Matt Brunsting, 2nd Kyle Boorsma, 2nd Lindsay Carson)



Gryphons sweep team titles in record-breaking CIS meet - The Gryphons once again dominated the CIS cross country championships. The Gryphon women's squad won its fifth straight team title, while the men earned their fourth consecutive banner Saturday afternoon at Fort Henry Hill in Kingston, Ont. The Gryphons proved they are in a class of its own, having won both team titles for a record fourth straight year.

Guelph became the most successful cross country program in CIS history with the most CIS banners captured by a single school, with 15. Guelph has obtained nine men's and six women's titles. The Guelph women also entered the history books becoming the first team to earn five championship banners in a row. The Gryphon men claimed their fourth straight banner and ninth overall, tying a CIS all-time record for most first-place finishes with Toronto.

"Our main goal all season was to win the team banners again," said Guelph head coach Dave Scott-Thomas, named both CIS women's and men's coach of the year for the fourth straight campaign. "It was a battle out there and our teams held strong. We also broke three major records today which is great."

On the women's side, returning from injury, Gryphon star Lindsay Carson (Cambridge, Ont.) led the way capturing the individual silver medal behind Toronto's Megan Brown who led from start to finish.

In the men's competition, Matt Brunsting (Stirling, Ont.) won the title for the second straight season ten seconds ahead of teammate Kyle Boorsma (Guelph, Ont.).

For the full story and results click [here](#)

Individual honours

Female Rookie of the year: Genevieve Lalonde, Guelph

Female Coach of the year: Dave Scott-Thomas, Guelph

Male Athlete of the year: Matt Brunsting, University of Guelph

Male Coach of the year: Dave Scott-Thomas, University of Guelph

Gryphon Women Summary:

2. 17:14.3 Lindsay Carson (First Team All-Canadian)
8. 17:32.3 Rachel Cliff (Second Team All-Canadian)
9. 17:33.7 Genevieve Lalonde (Second Team All-Canadian)
17. 17:49.4 Courtney Laurie
21. 18:01.0 Lindsay Furtado
25. 18:11.0 Jess Vanhie
38. 18:35.6 Laura McIvor

Gryphon Men Summary:

1. 30:34.3 Matt Brunsting (First Team All-Canadian)
2. 30:44.8 Kyle Boorsma (First Team All-Canadian)
5. 30:57.9 Allan Brett (First Team All-Canadian)
11. 31:43.9 Nigel Wray (Second Team All-Canadian)
12. 31:49.2 John Parrott (Second Team All-Canadian)
18. 32:17.9 Robert Jackson
48. 33:20.7 Robert Koziarski

REGULAR SEASON ACTION

MEN'S BASKETBALL

2009-2010 Record: 1-3

Upcoming Games: vs. Ryerson (Nov. 20 – 8pm); vs. Toronto (Nov. 21 – 8pm)

Last Week Results: beat York 96-85; lost to Laurentian 82-80

Gryphons split weekend on the road, Mott & Moscatelli shoot lights out – The Gryphons picked up their first victory of the weekend on Friday night over York 96-85, but they dropped a close 82-80 final to Laurentian the next night. Fifth-year Jay Mott (Burlington, Ont.) averaged 23.5 points this weekend, while fourth-year Jonathan Moscatelli (Toronto) was right behind with 20 points per game. Mott is leading the team in scoring this season, averaging 19.5 points in four games.

Guelph is back home this weekend, hosting Ryerson and Toronto on Friday and Saturday night. If you can't make the games, tune into the webcast at www.ssnCanada.ca

WOMEN'S BASKETBALL

2009-2010 Record: 0-4

Upcoming Games: vs. Ryerson (Nov. 20 – 6pm); vs. Toronto (Nov. 21 – 6pm)

Last Week Results: lost to York 72-71-OT; lost to Laurentian 72-52

Gryphons struggle through 0-2 opening week - The Gryphons dropped a pair of games this weekend on the road to York on Friday (72-71-OT) and Laurentian (72-52) on Saturday.

Against York, the Gryphons were up most of the game and went into the fourth quarter with a 50-43 lead. The Gryphons couldn't break the Lions press and turned the ball over 29 times. Jasmine Douglas (Guelph, Ont.) lead the team a huge double-double scoring 18 points and grabbing 16 rebounds. Alex Russell (Paradise Valley, AZ) also netted a double-double on 17 points and ten rebounds. The Gryphons out-rebounded the Lions 54-24 on the night.

Guelph goes at it again this weekend at home against Ryerson on Friday and Toronto on Saturday. If you can't make the games, tune into the webcast at www.ssncanada.ca

MEN'S HOCKEY

2009-2010 Record: 4-5-2

Upcoming Games: @ Toronto (Nov. 20 – 7:30pm); @ Ryerson (Nov. 21 – 2pm)

Last Week Results: beat Carleton 3-2-OT; beat Nipissing 6-2



Gryphons tally two crucial victories this week – Gryphon men's hockey had a big week, picking up two much needed victories at home. Against Carleton on Thursday the Gryphons needed overtime, but got the job done with 3-2 win. On Saturday Guelph defeated Nipissing 6-2.

Guelph did not disappoint the 300 fans that showed up at the Gryphon Centre on Saturday for "Hockey Day in Gryphonville". Derek Knowles (Vanderhoof, B.C.) and Kris Belan (Florence, Ont.) each netted two for the Gryphons in the victory over Nipissing, while Belan remained an unstoppable force in the physical game as well, dealing out more than his fair share of bone-crushing hits.

First-year goalie Matt Smith (Waterloo, Ont.) started in net for the team in both wins. The rookie netminder finished with 14 saves on Saturday night and a whopping 24 on Thursday.

Guelph hits the road this weekend for a pair of games in Toronto playing the Varsity Blues on Friday and the Ryerson Rams on Saturday.

WOMEN'S HOCKEY

2009-2010 Record: 5-2-2

Upcoming Games: @ Laurier (Nov. 21 – 7:30pm); @ Waterloo (Nov. 22 – 2pm)

Last Week Results: lost to Windsor 3-2-SO; beat Western 4-2



Gryphons split weekend - shootout loss to Windsor and victory over Western – The women's hockey team dropped a heartbreaking 3-2 shootout final to Windsor on Friday but responded with an impressive 4-2 victory over Western on Saturday.

Against Windsor, the Gryphons let a 2-0 lead slip away as the Lancers clawed back and brought the game to overtime. After a scoreless overtime, Windsor's Stephanie Hebert scored the lone shootout goal to give the Lancers the win. Samantha Ryder (Vancouver) and Tamara Bell (Guelph, Ont.) scored for Guelph in regulation. The next night, the Gryphons returned to form to hand the Mustangs a 4-2 loss. Goal scorers for Guelph were Tayne Hewer (Barrie, Ont.), Dayna Kanis (Georgetown, Ont.), Jessica Zerafa (Mississauga, Ont.) and Patricia-Rose Harris (Port Colborne, Ont.).

Currently, Zerafa is second in OUA scoring with five goals and nine assists in nine games played this season.

The Gryphons are on the road in Kitchener-Waterloo next weekend to take on the Laurier Golden Hawks (Nov. 21) and the Waterloo Warriors (Nov. 22).

SWIMMING

Upcoming Meet: SNC University Cup (Nov. 26) @ Toronto

Last Week: 3rd @ Campbell Division Championships

Gryphons finish third at Divisional Championships – The Gryphon swimming team finished third overall at the Campbell Divisional Championships, hosted by Guelph from this past weekend. Overall the Gryphons won 15-of-38 events and 3-of-6 relays.

Second-year **Andrew Ford** (Guelph, Ont.) led the men's team winning the 400IM, 200back, 200IM and 100 back and was on the winning team of the 4 X 50 free. Meanwhile, on the women's side, first-year Bethany Flemington (Puslinch, Ont.) won the 50 and 200 back and was second in the 100 free and 50 fly events, while also competing on two winning relays teams (4 x 50 medley & 4 x 100 free).

MEN'S VOLLEYBALL

2009-2010 Record: 4-1

Upcoming Games: @ Laurier (Nov. 20 – 8pm); @ Waterloo (Nov. 21 – 6pm)

Last Week Results: beat York 3-0 (25-21, 25-17, 30-28); beat Ryerson 3-0 (25-16, 25-22, 27-25)



Undefeated weekend for Gryphs – The Gryphons went 2-0 at home this past weekend at the expense of the York Lions and Ryerson Rams and sit fifth in the OUA standings, but with less games played than the teams above them in the standings. The Gryphons played a solid pair of games to defeat the opposition, sweeping the both York and Ryerson in three straight games. Jonathan Whitton (Edmonton) led the Gryphons on Friday with 12 kills while Winston Rosser (Whitby, Ont.) led the team on Saturday with 10 kills.

Up next the Gryphons host Queens this Thursday then hit the road for a pair of games in Waterloo against Laurier (Nov. 20 –

8pm) and Waterloo (Nov. 21 – 8pm).

WOMEN'S VOLLEYBALL

2009-2010 Record: 2-2

Upcoming Games: @ Laurier (Nov. 20 – 6pm); @ Waterloo (Nov. 21 – 8pm)

Last Week Results: lost to McMaster 3-1 (25-15, 14-25, 15-25, and 19-25)



Gryphons fall in 4 sets to McMaster – The women's volleyball team dropped to 2-2 on the season in their lone game of the week with a 3-1 loss to McMaster on Wednesday. Neither team played close to their best volleyball as sloppy play and unforced errors by both teams led to long runs of points throughout the match. Guelph and McMaster received very poorly in sets one and two as each team's errors led to a split of easy wins. In set three, McMaster jumped out to a 6-1 lead early and never trailed winning 25-15. Guelph struggles continued in the fourth set as they were never able to get into a flow allowing McMaster to build a big lead and cruise to a 25-19 win wrapping up the match.

The Gryphons were led Kaitlyn Krizmanich (Carlisle, Ont.) with 14 points (9 kills, 5 aces) and Claire Sandor (Waterloo, Ont.) with 12 (10 kills, 1 block, 1 ace).

Guelph will now play a pair of games in Waterloo against Laurier (Nov. 20 – 6pm) and Waterloo (Nov. 21 – 6pm).

THIS WEEK IN GRYPHON ATHLETICS

Friday, November 20

Basketball (W): Ryerson @ Guelph – 6PM (Webcast LIVE at www.ssncanada.ca)

Basketball (M): Ryerson @ Guelph – 8PM (Webcast LIVE at www.ssncanada.ca)

Hockey (M): Guelph @ Toronto – 7:30PM

Volleyball (W): Guelph @ Laurier – 6PM

Volleyball (M): Guelph @ Laurier – 8PM

Saturday, November 21

Basketball (W): Toronto @ Guelph – 6PM (Webcast LIVE at www.ssncanada.ca)

Basketball (M): Toronto @ Guelph – 8PM (Webcast LIVE at www.ssncanada.ca)

Hockey (M): Guelph @ Ryerson – 2PM

Hockey (W): Guelph @ Laurier – 7:30PM

Volleyball (M): Guelph @ Waterloo – 6PM

Volleyball (W): Guelph @ Waterloo – 8PM

Sunday, November 22

Hockey (W): Guelph @ Waterloo – 2PM

gryphons.ca

Department of Athletics, University of Guelph, Guelph, Ontario, Canada N1G 2W1
T: 519 824-4120, F: 519 766-9563, gryphons@uoguelph.ca