



Cougars Athletics Impact Report





2023/2024

Another year highlighting the incredible achievements and advancements made possible through your generous contributions to Mount Royal University (MRU) Cougars Athletics. Your unwavering support has been instrumental in fostering a vibrant and dynamic athletics program that not only champions excellence in sport but also cultivates personal growth, leadership, and academic success among MRU student-athletes.

Over the past year, MRU student-athletes have demonstrated remarkable resilience, dedication, and spirit, achieving new milestones. Excelling in

their academic pursuits, these individuals embody the true essence of what it means to be an MRU student-athlete. Your donations have directly contributed to providing state-of-the-art facilities, scholarships, and resources that empower MRU athletes to reach their full potential.

Thank you for being a cornerstone of the MRU Cougars Athletics success and for believing in the vision of the athletics program. You are helping build a legacy of excellence and opportunity that will benefit generations to come.

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|  <p>4 Teams in U SPORTS TOP 10</p> |  <p>Men's Soccer 1st Canada West Title</p> |
| <p>73 U SPORTS Academic All-Canadians</p> |  <p>Crowchild Classic CHAMPIONS for 2nd year in a row</p> |
|  <p>\$178,000 + Raised for MRU Cougars Athletics in 2023/2024</p> | |

“Cougars Athletics and Recreation is extremely grateful to all of you who have provided support to our department as it allows us the ability to continue to do the very important work we do. Your continued contributions demonstrate to us that what we do through our programs and services is important and valued. Thank you for your belief in our work and our people.”

Karla Karch OLY
Director, Cougars Athletics and Recreation

Awards

- Honoured for their community service, **Jori Hansen-Young** and **Ethan Keen** were recognized as the Community Leadership Award recipients.
- Rookie of the Year was awarded to Men's Soccer goaltender **Aidan Dumoulin** and Women's Soccer player **Tamara Djurisic**. Dumoulin was a standout, being named to the Canada West all-rookie team, as well as leading his team to MRU's first Canada West championship. Djurisic also had a phenomenal year, earning a position on the Canada West and U SPORTS all-rookie team while leading her respective team in goals.
- The female winner of the Al Bohonus Athletes of the Year was **Emma Bergesen**, who won the Canada West's Top Defenseman award for Women's Hockey for the second straight year, earning her a spot as a Canada West First team All-Star and a U SPORTS All-Canadian.
- **Connor Bouchard** from Men's Hockey, won Canada West Player of the Year. Bouchard also became the second MRU hockey player to receive the coveted U SPORTS Player of the Year award.
- **Connor Blake** from Men's Hockey received the Brian Fleming award which recognizes student athletes who excel in academics, athletics, and within the community. Blake, the captain of the Men's Hockey team who won the Canada West Sportsmanship and Ability Award (UBC Hockey Alumni Trophy), is an Academic All-Canadian
- **Sarah McKillican** from Women's Volleyball received the Brian Fleming award as well for being a leader on her team and an influential member of the community. McKillican is an Academic All-Canadian holding a phenomenal GPA, and has been extremely adaptable to the needs of her team throughout the season.



Highlights from 2023/2024

Cougars Men's Soccer

The Cougars Men's Soccer team took home MRU's first Canada West Gold Medal on our home field and finished 4th place at the U SPORTS National Championship.

Cougars Women's Soccer

The Cougars Women's Soccer the team dealt with a challenging season, culminating in a 7th place finish within the Pacific Division of the Canada West Conference.

Cougars Men's Volleyball

The Cougars Men's Volleyball team secured a commendable 2nd place at the end of the regular season in the highly competitive Canada West conference.

Cougars Women's Volleyball

The Cougars Women's Volleyball faced both challenges and opportunities in 2023/2024. Despite a valiant effort, they secured the 12th position in the highly competitive Canada West Conference.

Cougars Women's Hockey

The Cougars Women's Hockey wrapped up their season, securing a hard fought third-place finish in the Canada West conference.

Cougars Men's Hockey

The Cougars Men's Hockey culminated their 2023/2024 season, securing a third-place finish in the competitive Canada West conference.

Cougars Women's Basketball

The Cougars Women's Basketball team concluded a challenging season, finishing 11th in the competitive Canada West conference.

Cougars Men's Basketball

The Cougars Men's Basketball team wrapped up the season with a commendable effort, securing the 11th spot in the challenging Canada West conference with a record of 8-12.



For more information about the MRU Cougars Athletics and upcoming games, please scan this QR Code or visit mrucougars.com