

MOUNT ROYAL UNIVERSITY
COUGARS



IMPACT REPORT 2024/2025

Your support of Mount Royal University (MRU) Cougars Athletics has resulted in another exceptional year for student athletes. Your generosity is fostering a vibrant and dynamic athletics program that not only champions excellence in sport but also cultivates personal growth, leadership, and academic success. Your gift is allowing student athletes to grow beyond their expectations, reach for their dreams and attain their goals.

It's exciting to share this year's highlights and stories that would not be possible without your support.



**STUDENT-ATHLETES RECEIVED AN
MRU SCHOLARSHIP OR AWARD**



**U SPORTS ACADEMIC ALL-CANADIANS =
41% OF STUDENT ATHLETES HAVING
A GPA ABOVE 3.4**



\$ 272,883 +

Raised for MRU Cougars Athletics in 2024/25

Cougars Athletics and Recreation is very thankful to the many supporters like you, who again demonstrated a strong belief in the work we do.

Your assistance helps us continue to provide a plethora of programs and services to the students of Mount Royal.

Your contributions play a pivotal role with the impact to students as they grow and transform into contributing members of our community.

Karla Karch OLY
Director, Cougars
Athletics and Recreation



MRU was the proud recipient of the Crowchild Classic's unique award – a manhole cover!



Your generosity fuels the success of the MRU Cougars and allows them to compete at the highest level of University athletics – The Canada West Conference, home to champion student-athletes that excel in the classroom and their communities. Canada West champions proudly go on to represent the conference at U SPORTS national championships.

This past season the Cougars women's and men's hockey teams and the Cougars men's soccer team all rank in the U SPORTS top ten.

With men's hockey and soccer teams earning Canada West Silver Medals. The men's hockey team also went on to the U SPORTS national championship quarter finals.

An annual highlight for Cougars Athletics is the Crowchild Classic. For over a decade the men and women's hockey teams have been squaring off against their University of Calgary rivals at the Saddledome for a night of unforgettable play.

On top on this incredible night of hockey. The Crowchild Classic results consider all regular season Canada West games between the Mount Royal University Cougars and the University of Calgary Dinos in the sports of basketball, hockey, soccer and volleyball.

This year MRU was the winner! Meaning bragging rights and a very unique award – a manhole cover– on display for the entire year, a great reminder of the success of MRU Cougars athletic teams.

This event would not be possible without the support of the Calgary Flames Foundation and the generosity of donors, volunteers and our MRU student and alumni community.



HISTORY MAKING

At the U SPORTS National Championship the men's hockey team fought hard. Playing the longest game in national university men's hockey history at **143 minutes, 33 seconds.**

Going into a fifth overtime before the TMU Bold scored the winning goal, for a **5-4 win.**



RECORD BREAKING

13,139 fans
in attendance at the
Crowchild Classic



SILVER MEDAL

A Canada West second place finish for Men's Hockey, they ranked in the U SPORTS Top 10!

BIG WINS

For Men's Volleyball on their home court against UFV and Brandon.

NEW HEAD COACH

Josh Mullen led the Men's Basketball team to some big wins helping to strengthen their culture and performance.

SILVER MEDAL

A Canada West second place finish for Men's Soccer, they ranked in the U SPORTS Top 10!

Team MVPs

Emma Boyd (Women's Volleyball)
 Paul Dionne (Men's Volleyball)
 Hayley Lalor (Women's Basketball)
 Keivonte Watts (Men's Basketball)
 Gabrielle Linford (Women's Soccer)
 Miguel Da Rocha (Men's Soccer)
 Kaitlyn Ross (Women's Hockey)
 Clay Hanus (Men's Hockey)

Cougars Athlete Board Golden Paw Award Women's Basketball Team

Iron Cougar Award

Jamie Lalor (Women's Basketball)
 Sam Barnie (Men's Basketball)

Community Leadership Award

Jori Hansen-Young (Women's Hockey)
 Ben Gilbert (Men's Basketball)

Rookie of the Year

Ruby Szautner (Women's Soccer)
 Justin Lies (Men's Hockey)

Al Bohonus, Athlete of the Year

Aliya Jomha (Women's Hockey)
 Clay Hanus (Men's Hockey)

Brian Fleming Award

Jamie Lalor (Women's Basketball)
 Ethan Keen (Men's Soccer)

30 YEARS

2024 marked a monumental milestone for the Women's Soccer program.

1ST ROUND

Women's Basketball team went all the way to the Canada West playoffs.

NEW HEAD COACH

Rhonda Schmuland, led the charge for Women's Volleyball, they placed 6th overall in Canada West.

18 WINS

For the Women's Hockey team earning them a spot in the U SPORTS Top 10!



When you give a gift to MRU, you are helping students grow beyond their expectations, reach for their dreams and attain their goals. Your generosity is providing the scholarships, awards and bursaries that allow students to pursue their passions and make the most of the transformative power of education.

MEET JAMIE

Jamie recently graduated with a Health and Physical Education degree, majoring in Physical Literacy. During her time at MRU, Jamie was the captain of the women's basketball team and president of the Cougars Athlete Board. She was also an Academic All-Canadian every year of her MRU career, meaning she maintained an impressive average of 80% or better while completing her degree.

According to Cougars Women's Basketball head coach Robyn Fleckenstein, "Jamie is the epitome of a servant leader. She's first in the gym and last to leave. She takes care of and builds relationships with each of her teammates. She is a thoughtful, considerate ambassador of both our school and our program."

Jamie has been the recipient of not only athletic awards but scholarships and a Memorial Award. When asked to share the impact of being the recipient of these gifts Jamie shared:

"This support allows me to not only focus on my academics but also on athletics. It allows me the flexibility to not have to worry about working a part time job during the season and after practice I am able to go home and study. I am truly grateful to receive these awards. THANK YOU! "

Jamie also hopes that one day she will have the ability to become a donor and support other student athletes.

The MRU journey continues for this inspiring student, athlete and ambassador. Jamie recently accepted a role as the Digital Media Coordinator for Cougars Athletics and Recreation, the team is thrilled to have her onboard and Jamie had this to say about her new position:

"Stepping into this role feels like a full-circle moment. As a former student-athlete, I know the impact Cougar Athletics can have – not just in sport, but in shaping who you are beyond the game. I'm incredibly proud to be part of the team that helps tell those stories and supports student-athletes. MRU has given me so much, and I'm excited to give back in this new role."

Jamie's story is a great example of how your generosity is helping students expand their potential, push past expectations and step confidently into their futures.

To learn more about your impact or attend a Cougars game visit:

