



**FOR APPROVAL**

**PUBLIC**

**OPEN SESSION**

**TO:** University Affairs Board

**SPONSOR:** Professor Sandy Welsh, Vice-Provost, Students  
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**PRESENTER:** Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education  
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**DATE:** February 23, 2026, for March 5, 2026

**AGENDA ITEM:** 8(c)

**ITEM IDENTIFICATION:**

Operating Plans & Fees: Sport & Rec, Faculty of Kinesiology and Physical Education

**JURISDICTIONAL INFORMATION:**

Section 4 of the *Terms of Reference* provides that the University Affairs Board is responsible for “policy of a non-academic nature and matters that directly concern the quality of student and campus life”. Under Section 5, the Board is responsible for compulsory non-academic incidental fees for the University, as well as St. George and University-wide student services and co-curricular programs, services, and facilities. Section 5.1.2(b) states that “[a]nnual approval of the Faculty of Kinesiology and Physical Education co-curricular programs, services and facilities operating plans that describe the services and programs proposed to be offered within the financial parameters set by the University’s operating budget and financial policies is the responsibility of the Board” and section 5.2.1 states that compulsory non-academic incidental “[f]ees for St. George campus, ... and University-wide fees that apply to the St. George, UTM and UTSC campuses, are approved by the Board”.

Pursuant to the terms of the *Memorandum of Agreement between The University of Toronto, The Students’ Administrative Council, The Graduate Students’ Union and The Association of Part-time Undergraduate Students for a Long-Term Protocol on the Increase or Introduction of Compulsory Non-tuition Related Fees*, the Council on Student Services reviews in detail the annual operating plans, including budgets and proposed compulsory non-academic incidental fees, of St. George and University-wide student services and offers its advice to the Board on these plans.

**GOVERNANCE PATH:**

1. University Affairs Board [For Approval] (March 5, 2026)

## **PREVIOUS ACTION TAKEN:**

The 2025-26 Sports & Rec operating plans and fees were approved by the University Affairs Board on February 26, 2025.

## **HIGHLIGHTS:**

The current fees for Sport & Rec include:

St. George campus: \$229.86 per session (\$45.97 for part-time students)

UTM & UTSC: \$26.66 per session (\$5.33 for part-time students)

The 2026-27 operating plans and fees for Sports & Rec were unanimously recommended for approval by the Council on Athletics & Recreation (CAR) Budget Committee and by CAR before being presented to the Council on Student Services (COSS) for consideration. Please also see the separate memorandum concerning consideration of the proposed plans and fees by COSS, included with item 8(a) on this agenda.

The experiences of Sport & Rec this past year, and operating plans and fees for 2026-27, are summarized in the documentation provided by Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education.

## **FINANCIAL IMPLICATIONS:**

The Faculty of Kinesiology and Physical Education draws University operating budget support of \$275,753.

## **RECOMMENDATION:**

Be It Resolved:

THAT the 2026-27 operating plans and budget for Sport & Rec at the Faculty of Kinesiology and Physical Education, as presented in the documentation from Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education, be approved;

THAT the sessional fee for a full-time student on the St. George campus be increased from \$229.86 to \$242.98 (\$45.97 to \$48.60 for a part-time student), which represents a year-over-year increase of \$13.12 or 5.71% (\$2.63 or 5.72% for a part-time student); and

THAT the sessional fee for a full-time student at UTM or UTSC be increased from \$26.66 to \$28.19 (\$5.33 to \$5.64 for a part-time student), which represents a year-over-year increase of \$1.53 or 5.74% (\$0.31 or 5.82% for a part-time student).

**DOCUMENTATION PROVIDED:**

Sport & Rec Orientation and 2026-27 Draft Budget (presented to the Council on Student Services)

Sport & Recreation Year in Review 2024-25

# SPORT & RECREATION YEAR IN REVIEW 2024–25



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# WELCOME

Sport & Recreation resides within the Faculty of Kinesiology and Physical Education and offers sport, recreation and physical activity programs, services and facilities to the entire University of Toronto community.

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# SUPPORTING STUDENT SUCCESS THROUGH ACTIVE HEALTHY LIVING

Welcome to the University of Toronto Sport & Recreation (Sport & Rec) Year in Review. This report provides an overview of our programming highlights from the 2024–25 academic year.

Experiences both within and outside of the classroom contribute to the quality of students' time at the University of Toronto. Across our conversations with students, and in so many of the reflections they share, one theme emerges again and again: moving one's body and staying physically active consistently shapes the university experience in powerful and meaningful ways. Engagement in activities offered by Sport and Rec supports student well-being, helps build connections across our diverse community, and contributes to lifelong habits that remain valuable well after students complete their degrees. Students describe how being active helps manage and balance the various demands of academic life, from coursework to friendships, volunteering, stress and sleep.

Some of the most meaningful connections at U of T begin on a field, in a studio or in a physical activity class where students can participate feeling supported by those around them. These shared experiences create a sense of belonging that extends far beyond the activity itself. For some, this takes the form of a structured fitness class or a recreational team. For others, it is time spent in the gym, a walk between study sessions or a moment to step outside and reset during a full week. Whatever shape it takes, physical activity has a remarkable ability to ground students, helping them clear their minds before exams, regain focus during busy periods and feel more confident and energized. Many also tell us that staying active improves sleep, reduces anxiety and brings a rhythm to the week that supports both learning and well-being.

The benefits are lasting. Developing an understanding of what supports one's physical and mental health, and building routines that reflect that understanding, is an essential lifelong skill. The university offers a unique opportunity to explore what feels sustainable and enjoyable, and to carry those habits into life after graduation.

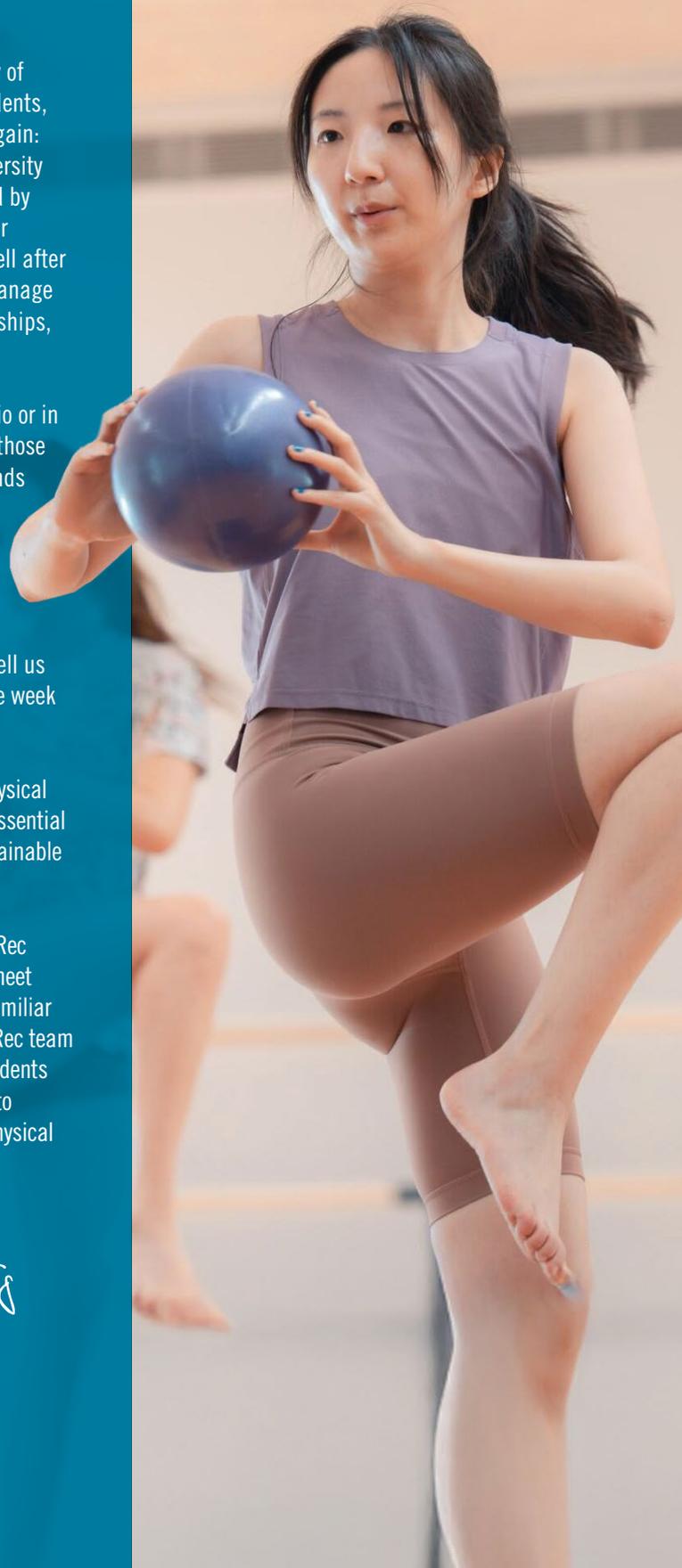
In the pages ahead is a summary of the opportunities available through Sport & Rec across our St. George campus. The programs are wide-ranging and designed to meet students where they are, whether they are new to physical activity, returning to familiar routines or looking for small ways to add movement into their week. Our Sport & Rec team is committed to providing welcoming spaces and accessible opportunities for students across all comfort levels, interests and abilities. Students' well-being is integral to success at the university, and Sport and Rec is committed to providing diverse physical activity and healthy active living opportunities to support it.



**Gretchen Kerr**  
Dean



**Ashley Stirling**  
Vice-Dean, Programs





Sport & Rec is committed to providing an inclusive, welcoming and safe environment for everyone. We understand the value of student diversity and recognize individual differences in the creation of opportunities within our programs and services. We acknowledge that disparities in opportunities within education, sport and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age. Through a continuous strategic effort, we work to create meaningful opportunities and experiences for equity-deserving communities.

## LAND ACKNOWLEDGEMENT & COMMITMENT STATEMENT

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to work on this land.

As part of an institution complicit in contributing to colonial processes, we are committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces and enact anti-colonial practices.



# SPORT & REC PROGRAM OFFERINGS



## DROP-IN ACTIVITIES

- Badminton
- Basketball
- Cricket
- Figure Skating
- Golf
- Hockey
- Jogging
- Pickleball
- Shinny
- Skating
- Soccer
- Spikeball
- Squash
- Stick 'n Puck
- Strength & Conditioning
- Table Tennis
- Tennis
- Ultimate
- Volleyball
- Walking

## DANCE

- Pow Wow Dance
- Vogue

## INTRAMURALS

- Badminton
- Basketball
- Cricket
- Dodgeball
- Field Hockey
- Flag Football
- Ice Hockey
- Inner Tube Water Polo
- Lacrosse
- Soccer
- Spikeball
- Table Tennis
- Tennis
- Ultimate
- Volleyball

## TRI-CAMPUS LEAGUE

- Basketball
- Hockey
- Soccer
- Volleyball
- Ultimate

## FITNESS & PERFORMANCE

- Barre
- Big HIIT
- Boxing for Fitness
- Cardio Dance
- Fitness Foundations
- IMPACT
- IMPACT Proud
- Meditation
- Mindful Moments Yoga
- Olympic Weightlifting
- Personal and Small Group Training

## INSTRUCTION

- Aquatics
- Badminton
- Fencing
- Golf
- Gymnastics
- Skating
- Squash
- Tennis

## CLUBS

- Artistic Swimming
- Cheerleading
- Dance Team
- Fencing
- Karate
- Kendo
- Masters Swimming
- Nordic Ski
- Pom
- Triathlon
- Women's Flag Football

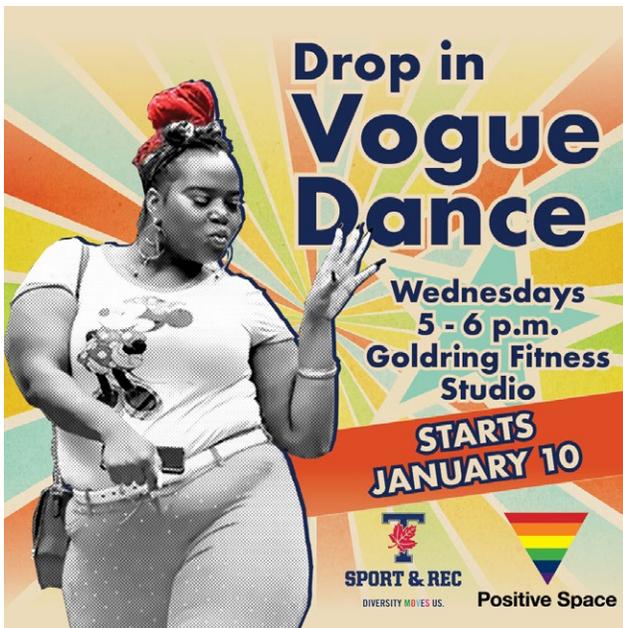
## AQUATICS

- Aquatic Certifications
- Fun Swimming
- Indigenous Swim
- Lane Swimming
- Learn to Swim
- Springboard Diving
- Swim to Survive
- Trans Swimming

## INTERUNIVERSITY SPORT

- Badminton
- Baseball
- Basketball
- Cross Country
- Curling
- Fencing
- Field Hockey
- Figure Skating
- Football
- Golf
- Hockey
- Lacrosse
- Rowing
- Rugby
- Soccer
- Softball
- Squash
- Swimming
- Tennis
- Track and Field
- Volleyball
- Water Polo
- Wrestling

Equity, Diversity & Inclusion programming aims to create welcoming and inclusive spaces for all students to learn and participate in physical activity. These student-led activities connect community, culture, identity and joy through movement.



**DROP-IN TRANS POOL HOURS** are a dedicated swim time for trans, gender nonconforming, gender-exploring, non-binary and Two-Spirit students and members who would like to learn basic swim and water safety skills.  
167 registrants.

**DROP-IN POW WOW DANCE** provides a space for members of Indigenous communities (students, members and community) to learn and practice pow wow dance.  
67 registrants

**BLACK EXCELLENCE KIKI BALL** is a sport-themed kiki ball hosted in partnership with the Toronto Kiki Ballroom Alliance. It is open to students and the community to watch and/or compete on the runway.  
100 participants

**MOVE WITH PRIDE** is a series of workshops and events that centres 2SLGBTQ+ communities to offer a positive and supportive space to participate in physical activity. This year included a skate night called Queers on Ice and a boxing workshop.  
19 registrants

**MOVE WITH CULTURE** workshops offer students a positive and supportive space to learn and participate in culturally relevant physical activity. This year's series included Afro-Caribbean dance and Métis jigging workshops.  
24 registrants



**LEARN TO PLAY** workshops are designed to empower women students at U of T to try new sports or build skills.  
152 registrants

**VOGUE DANCE** lessons offer the opportunity to learn and practice the 5 elements of vogue dance - catwalk, duck walk, hand performance, floor performance, and spins and dips.  
90 registrants

**PRIDE FLAG RAISING** celebration marks the beginning of Pride Month, where we raise the Progress Pride flag at Varsity Centre.

**HIKE SERIES WITH LET'S HIKE T.O.** offers hikes and urban walks around the city to local streets, green spaces and ravines. Let's Hike T.O. is a hiking community in Toronto open to everyone with a focus on racialized persons, newcomers and young adults (20–40 years of age).

**WALK AND LEARN** is a guided walk through High Park that offers participants a chance to learn about Indigenous perspectives on fostering reciprocal relationships with the lands, waters and all living beings. It provides a deeper understanding of Indigenous knowledge, culture and environmental stewardship.

**BIPOC VARSITY ASSOCIATION**  
In 2024–25, the BIPOC Varsity Association (BVA) organized Potlucks, Friends and Family Day at Goldring and a game night.

**LAUNCH TO LEADERSHIP** removes financial barriers to achieving certifications and builds student/staff connections to facilitate positive student leadership experiences. The majority of applicants identify as racialized women, and roughly one third are international students.



**MoveU** creates welcoming and inclusive spaces where students can engage in physical activity in a beginner-friendly environment. By offering opportunities for movement and introducing students to new types of physical activities, it encourages students to develop healthy habits that will last well beyond their university years. These programs promote physical well-being and support mental health, social connections and overall personal growth.

During the fall and winter semesters, monthly themed **SKATE NIGHTS** at Varsity Arena offer students a fun and social way to engage in physical activity. The relaxed and inclusive setting makes it enjoyable for skaters of all skill levels.

**BRAIN BREAK** at Robarts Library helps students manage stress during mid-terms and exams. It helps students stay energized, refreshed and focused during their study sessions, creating a supportive and uplifting environment during a typically stressful period.

The start-of-year **PLAY DAY** on Back Campus invites students to play sports and participate in activities while learning about the programs Sport & Rec offers them.

**LEARN TO MOVE** is designed for beginner-level students who are interested in trying a new physical activity. Led by the MoveU Crew, it introduces students to various fitness opportunities in a supportive environment. At these sessions, students build confidence and skills that promote long-term engagement with physical activity and fitness.

The **TRI-CAMPUS HART HOUSE FARM TRIP** brings together students from all three campuses for a day-long excursion to Hart House Farms. Participants enjoy a variety of fun and relaxing outdoor activities in a peaceful, scenic environment.

**SHE MOVES GOLDRING OPEN HOUSE** is a one-night-only facility takeover where women-identifying U of T students can explore our state-of-the-art fitness spaces, try group fitness classes, and gain confidence through expert coaching in a safe and supportive community environment.

**MOBILE MoveU** brings fitness classes and activities directly to students. Classes include Yoga, Barre, Dance, Mindfulness and Strength and Conditioning. A convenient and engaging way for students to incorporate physical activity into their routines, Mobile MoveU fosters a sense of connection, community and well-being.

**MOVEMENT BREAKS**, led by the MoveU crew, involve brief, energizing stretching sessions during lectures, meetings and conferences. These breaks give participants a chance to step away from sitting for long periods, promoting physical and mental well-being. Movement Breaks help students stay refreshed, focused and engaged. It's a simple way to promote wellness and encourage healthy habits.

**PARTNER EVENTS** involve campus groups to create unique experiences for their students. For example, we worked with the Centre for International Experience (CIE) to run a beginner-friendly gymnastics workshop for their students.

**MoveU HappyU** is a six-week program that provides students with behaviour change coaching and exercise training, offering holistic support for mental health. It helps students develop healthy habits and improve their well-being. By focusing on both mental and physical aspects of health, MoveU HappyU supports participants in building sustainable, positive changes that enhance their overall quality of life.

**MoveU** collaborated with Health and Wellness and UTSU on a successful Cooking on Campus workshop, supported U of T orientation events, and offered Mobile MoveU sessions.





## DROP-IN OFFERINGS

### Court Sports

Basketball, Volleyball

### Racquet Sports

Tennis, Badminton, Squash, Table Tennis

### Ice Sports

Hockey, Skating, Stick 'n Puck

### Field Sports

Cricket, Spikeball, Soccer, Ultimate, Golf

### Aquatics

Diving, Swimming

### Other Activities

Jogging

### Equity Programs

Women-only sessions, Trans-positive swim



## 2024–25 PROGRAM PARTICIPATION

Drop-in sessions offer a wide range of activities to suit diverse interests and skill levels, promoting inclusivity and an active lifestyle. These programs build community by connecting participants with peers who share similar sports interests. They encourage the development of healthy habits that help students stay physically active throughout their lives. By promoting regular physical activity, drop-in sessions also help students manage stress during their university years and foster both social skills and wellness practices that can benefit them in their post-university careers.

TERM	STUDENT VISITS	
	Drop-in Sports	Aquatics
Fall 2024	83,686	15,598
Winter 2025	81,856	17,406
Spring–Summer 2025	40,810	37,789
<b>Total</b>	<b>206,352</b>	<b>70,793</b>

Both drop-in sports and aquatics participation more than doubled in 2024-25 compared to the previous year.

## INSTRUCTIONAL PROGRAMS

Instructional programs offer activities that help participants increase their levels of physical fitness and develop a greater sense of self-mastery and confidence. The programs also increase participants' sense of belonging in the campus experience. They create an inclusive and supportive atmosphere in which students learn about movement and develop skills that will stay with them for the rest of their lives. The instructor-participant ratio of 1:8 allows for maximum learning.

There are 35 different programs from which to choose, including golf, badminton, squash, Olympic weightlifting, tennis, Learn to Skate and aquatics.

TERM	PROGRAMS	REGISTRANTS
Fall 2024	45	1,181
Winter 2025	44	896
Spring–Summer 2025	50	438
<b>Total</b>	<b>139</b>	<b>2,515</b>





The Fitness & Performance team creates inclusive spaces for movement and fosters a vibrant community of active individuals.

In support of the Faculty's strategic vision, the team provides programs and services for intercollegiate sport and high performance training, recreational programs and academic research.

The programs and services emphasize individual learning, promote physical and mental wellness and contribute to students' academic success. The goal is to create a foundation for healthy and active lives at university and beyond.

Fitness & Performance programs offer a comprehensive and integrated approach to physical activity and fitness training at the Athletic Centre, Goldring Centre for High Performance Sport and Varsity Centre on the St. George campus. By combining research, practice and experiential learning, they provide diverse opportunities for participants to move well.

The programs and services meet the needs of a wide range of participants according to their fitness goals.



## GROUP FITNESS PROGRAMS INCLUDE

- Barre
- Big HIIT
- Studio HIIT
- Cardio Dance
- Meditation
- Mindful Moments Yoga
- IMPACT Proud
- IMPACT Training
- Boxing for Fitness
- Olympic Weightlifting

GROUP FITNESS PROGRAM ENGAGEMENT	
Fall 2024	6,429
Winter 2025	7,101
Spring–Summer 2025	1,952
<b>Total</b>	<b>15,482</b>

OPEN GYM VISITS	
Fall 2024	95,603
Winter 2025	90,633
Spring–Summer 2025	62,739
<b>Total</b>	<b>248,975</b>

## ADDITIONAL STUDENT PROGRAM OFFERINGS INCLUDE

### IMPACT

(Integrated Movement, Performance, Agility and Conditioning Team)

### Small Group Training

Fitness Foundations is a six-session program designed to help beginners master the fundamental of fitness while building confidence with gym equipment in a supportive 1:4 expert coaching environment.



## FITNESS & PERFORMANCE HIGHLIGHTS

### WEEKLY PROGRAMMING

- Delivers instructor/coach-led recreational program sessions plus coach-led intercollegiate training sessions.
- Provides supervision support of open gym hours across two strength and conditioning centres each week.

### STUDENT EMPLOYMENT

- Employs student-staff across six different roles.
- Roles such as the Fitness & Performance Lead, Strength & Conditioning Centre Facilitator enable promotional and leadership opportunities.

### GROUP FITNESS CLASSES AND PAID PROGRAMS

- Offers extensive Group Fitness classes (Barre, Yoga, Cardio Dance and Studio HIIT) to meet the increased demand, based on attendance and qualitative feedback.
- The Olympic weightlifting instructional program remains popular, with many repeat participants and cross-over participation with the IMPACT training group.
- Partnership with U of T Run Club to provide club members with group fitness classes through the year as team building experiences.





## INTRAMURALS

Intramural leagues and tournaments allow students to build community, learn new skills and take a break from academics. Intramurals create a sense of identity and belonging and increase social opportunities by breaking down barriers among colleges and faculties. The intramural program develops leadership, teamwork and time management skills and creates networking opportunities.

One of the largest in Canada, U of T's intramural program offers sports and activities at varying levels of play. There are many opportunities for students to stay active and engaged in sport as players, officials or staff.



## FALL 2023—SUMMER 2024

	LEAGUES	TEAMS	GAMES	PARTICIPANTS
Intramural	90	738	2,166	15,981
Tri-Campus	12	48	220	1,075
<b>Total</b>	<b>102</b>	<b>786</b>	<b>2,386</b>	<b>17,056</b>

## THIRTEEN INTRAMURAL SPORTS ARE AVAILABLE TO STUDENTS

- Badminton
- Lacrosse
- Basketball
- Soccer
- Dodgeball
- Table Tennis
- Field Hockey
- Tennis
- Flag Football
- Ultimate
- Ice Hockey
- Volleyball
- Inner Tube
- Water Polo

## TRI-CAMPUS

The Tri-Campus League is U of T's highest level of intramural competition. Participants from all three campuses enhance their sports skills through coaching support, scheduled practices and competitive play with officiated games. The Tri-Campus League offers men's and women's basketball, ice hockey, soccer and volleyball.



## COMPETITIVE CLUBS

Sport & Rec offers 11 clubs, from recreational to competitive, fostering a vibrant and inclusive community. Students, staff, faculty, alumni and community members participated in club sports. These clubs provide participants with opportunities to engage in their favourite sports, develop new skills and build lasting connections with others who share similar interests.

- Artistic Swimming Club
- Cheerleading Team
- Dance Team
- Fencing Club
- Karate Club
- Kendo Club
- Masters Swim Club
- Nordic Ski Team
- Pom Team
- Triathlon Club
- Women's Flag Football Club  
(new in 2024–25)

1,400 PARTICIPANTS



The Varsity Blues program is the largest interuniversity athletics program in Canada. It offers a broad range of sports and supports a large community of student-athletes, providing opportunities for competition at the highest levels while promoting academic success and personal development.

40  
TEAMS

23  
SPORTS

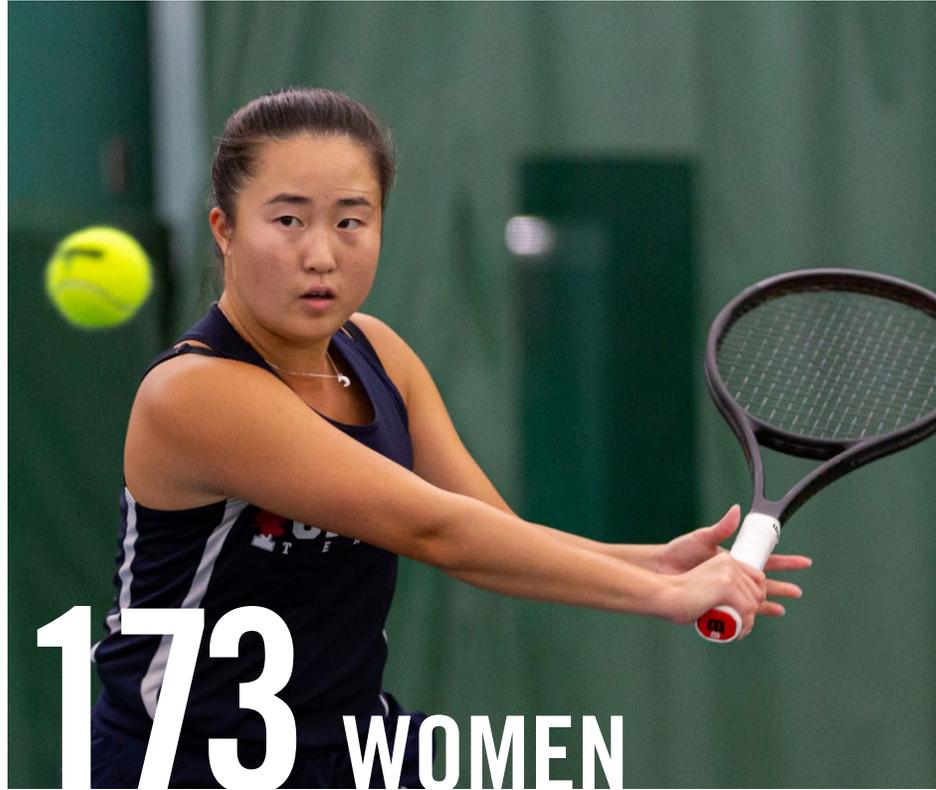
886  
STUDENT-ATHLETES  
390 WOMEN / 496 MEN

245  
COACHES &  
SUPPORT STAFF



## VARSITY BLUES ACADEMIC EXCELLENCE

In the 2024–25 academic year, 322 student-athletes in the Varsity Blues program attained academic excellence award standing by maintaining a GPA of at least 3.5. This impressive accomplishment represents 37 per cent of all Varsity athletes. Varsity Blues student-athletes maintain a strong balance between their academic commitments and their athletic performance, reflecting the program's emphasis on both academic and athletic excellence.



173  
WOMEN



149  
MEN

## STUDENT-ATHLETE AFFILIATIONS

ARTS & SCIENCE	APPLIED SCIENCE & ENGINEERING	KINESIOLOGY & PHYSICAL EDUCATION	GRADUATE STUDIES & OTHER SECOND ENTRY	OTHER
64%	10%	15%	9%	2%

## CHAMPIONSHIPS

The Varsity Blues won **13 championships** in 2024–25:

**2024–25 NATIONAL CHAMPIONSHIPS:**  
Canadian University & College National Badminton

**2024–25 PROVINCIAL CHAMPIONSHIPS:**

- OUA Badminton
- OUA Baseball
- OUA Men’s Fencing
- OUA Women’s Fencing
- OUA Women’s Golf
- OUA Women’s Hockey
- OUS Softball
- OUA Men’s Swimming
- OUA Women’s Swimming
- OUA Women’s Tennis
- NCWP Men’s Water Polo
- NCWP Women’s Water Polo

**92 ATHLETES** were named **PROVINCIAL ALL-STARS**, and **22** were named **NATIONAL ALL-CANADIANS**.

U of T student-athletes garnered **23 MAJOR CONFERENCE AWARDS**, while U of T coaches received **10 COACH OF THE YEAR HONOURS**.

13 CHAMPIONSHIP WINS



Co-curricular programs play a crucial role in the high performance sport system within Ontario and Canada through its high performance mandate. For U of T student-athletes, this mandate provides access to enhanced strength and conditioning programs, expert coaching, top-tier training facilities and comprehensive sports medicine services. Student-athletes also benefit from dedicated academic support, helping them balance their rigorous training schedules with academic success.

This holistic approach ensures that U of T athletes can excel both on the field and in the classroom, positioning them for success at national and international levels.

Varsity Blues athletes who won medals or competed at the Paris 2024 Summer Olympic Games or at international competitions in 2024–25:

## 2024 WORLD AQUATICS SWIMMING CHAMPIONSHIPS

Kylie Masse 2T1\* Kinesiology | 50m backstroke & 4x50m mixed medley relay bronze medallist

## 2025 WORLD AQUATICS CHAMPIONSHIPS

Kylie Masse 2T1\* Kinesiology | 4x100m mixed medley relay bronze medallist

## 2025 NACAC TRACK AND FIELD CHAMPIONSHIPS

Lucia Stafford 2T1\* Civil Engineering | 1500m bronze medallist  
Jazz Shukla 2T1\* Neuroscience | 800m

## 2025 FISU WORLD UNIVERSITY GAMES

Emma Potter Kinesiology | Hockey, silver, 4th year  
Scout Watkins-Southward Medicine | Hockey, silver, 5th year  
Julia Agostinelli Physical Therapy | Track & Field 800m, 4th year  
Aiden Grout Sustainability Management | Track & Field High Jump, 5th year  
Ben Loewen Finance & Economics | Swimming Butterfly/Backstroke, 3rd year  
Liam Weaver Mathematics & Physical Science | Swimming Freestyle/Butterfly, 4th year  
Nathan Mills Economics | Badminton, 3rd year  
Harold Tan Finance | Badminton, 3rd year

## 2024-25 NORCECA BEACH TOUR

Anna Licht 2T0\* Health & Disease | Beach Volleyball  
Martin Licht 2T3\* Engineering | Beach Volleyball

## 2025 NORCECA PAN AMERICAN CUP

Delaney Watson Biology & Neuroscience | Volleyball, 3rd year

## 2025 VOLLEYBALL NATIONS LEAGUE (VNL) & FIVB WOMEN'S WORLD CHAMPIONSHIP

Julia Murmann 2T5\* Life Sciences | Volleyball

## 2025 FIELD HOCKEY JUNIOR PAN AM GAMES AND JUNIOR WORLD CUP

Kirsten D'Silva Kinesiology, 1st year  
Madeline Skeans Life Sciences, 4th year  
Mary Yang Kinesiology, 1st year

## 2025 U20 WOMEN'S WATER POLO WORLD CHAMPIONSHIP

Grace Bobyk Ethics, Society & Law/Political Science, 2nd year

## 2025 U20 MEN'S WATER POLO WORLD CHAMPIONSHIP

Bowen Moravek Humanities, 2nd year

## 2025 WEST ASIAN BASKETBALL CHAMPIONSHIP

Thuraya Abdul Hamid 2T5\* Global Affairs | Team Jordan

## 2025 U23 WORLD ROWING CHAMPIONSHIPS

Kamal Elboghadi 2T5\* Economics | Single Sculls (Egypt)

## 2025 PAN AMERICAN CUP

Jacqueline Cheung Pharmacy | Badminton, 3rd year  
Jackie Dent Commerce | Badminton, 3rd year  
Jonathan Lai 2T3\* Nursing | Badminton  
Michelle Li Commerce | Badminton

\* Graduated / Alumni





# 2024-2025

**Yakult**



David L. MacIntosh Sport Medicine Clinic is available to all U of T students with a sport-related or exercise-related injury or inquiry and is dedicated to keeping the student community healthy and active in sports. The clinic operates 50 weeks per year (2,700 hours) and provided ~26,244 client services in 2024–25. The clinic is integral to supporting curricular and co-curricular programming.

## IN 2024-25, THE CLINIC:

- Provided curricular clinical placements for **109 U of T students**
- Employed **42 students**
- Supported research initiatives within the Faculty of Kinesiology and Physical Education and U of T, directly contributing to **14 peer-reviewed publications**

## THE CLINIC'S MULTIDISCIPLINARY SERVICES INCLUDE:

### PHYSICIAN SERVICES

Sports medicine physicians, orthopedic surgeons and sports psychiatrists

### MENTAL HEALTH AND NUTRITION

Sports psychiatry, sports psychotherapy and a registered dietician

### REHABILITATION PROFESSIONALS

Physiotherapists, athletic therapists and massage therapists

### ADVANCED PROCEDURES

Ultrasound-guided procedures and injections, shockwave therapy, acupuncture, electronic muscle stimulation (EMS), platelet-rich plasma (PRP) injections and game-ready ice machines

### SPECIALIZED TESTING

Biodex testing for specific injuries and conditions

### INNOVATIVE EQUIPMENT

AlterG anti-gravity treadmill protocols

### COMPREHENSIVE CONCUSSION MANAGEMENT

Multidisciplinary approach including C3 Logix concussion testing

### BRACING OPTIONS

Custom and over-the-counter bracing





PROVIDED **26,244** CLIENT SERVICES



Sport & Rec provides students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students can share their insights and experiences. Their involvement helps evolve our programs and policies to better meet the needs of U of T's diverse student community, while students develop leadership skills that will serve them well post-university.

**MEET YOUR ISC REPS!**

**Ryan Hoffman**  
Intramural Sports Rep for Trinity College  
r.hoffman@mail.utoronto.ca or IG: ryan.hoffman1

**FUN FACT: I have played soccer my whole life!**

## INTRAMURAL SPORT COUNCIL

The Intramural Sport Council (ISC) includes student representatives from UTM, UTSC and all colleges, faculties and divisions of the St. George campus. It provides input into the procedures and policies of the intramural program, selects annual award recipients and represents intramural students on CAR.

## COUNCIL OF ATHLETICS & RECREATION

The Council of Athletics and Recreation (CAR) provides feedback and ideas for the co-curricular programs offered through the Faculty on the St. George campus as well as for university-wide programs, including intercollegiate sports, intramurals and the Tri-Campus League. CAR is responsible for overall athletics and recreation policy and annually reviews and approves the co-curricular budget.

## VARSITY BOARD

The Varsity Board is made up of student representatives from each of the 40 varsity teams along with staff and a coach representative. It provides input into the operation of the intercollegiate program. The Board determines the winners within the annual awards program and represents student-athletes on CAR.

## CO-CURRICULAR RECORD

The Co-Curricular Record (CCR) documents student activity beyond the classroom. The CCR officially recognizes the skills and competencies learned in sport and recreation settings and how these skills contribute to students' overall educational experiences and personal development. Many of the jobs and volunteer opportunities offered by the Faculty of Kinesiology and Physical Education, including Sport & Rec, are CCR-validated.





The 2024-25 Varsity Board posing for a group photo at Goldring Centre for High Performance Sport

# 2024-25 VARSITY BOARD LEADERSHIP TEAM



**Voke Ewhrudjakpor**  
Track & Field  
Vice President,  
Leadership & Academic  
Development

**Eleni Bentley**  
Wrestling  
Vice President, Athlete  
Engagement

**Hannah Chown**  
Soccer  
Co-President

**Matt Clavet**  
Lacrosse  
Co-President

**Shilo Chislett**  
Softball  
Vice President,  
Communications

**Camilo Cortes**  
Water Polo  
Vice President, Outreach

Anyone who has registered for a Sport & Rec class, played a game of intramurals or filled out a customer experience survey has likely met one of our student employees. We are the **largest employer of students at U of T**, providing opportunities to students from all faculties and colleges on all three campuses.

## CAMP U OF T

Camp U of T hires student-staff to supervise campers during March break and over the summer. The program offers progressive leadership opportunities from assistant instructor to instructor, senior instructor and coordinator. Staff members receive four days of comprehensive training covering risk management, conflict resolution, equity, diversity, inclusion and belonging (EDIB) and behaviour management.

This training provides staff with transferable skills that can be applied to future career opportunities. In addition, the camp fosters a vibrant social environment where staff can learn, grow and enjoy themselves. This skill-building and camaraderie make it enriching and enjoyable to work at Camp U of T.

## JUNIOR BLUES

Junior Blues programs provide year-round employment opportunities for U of T students. Program offerings include recreational and competitive track, gymnastics, basketball, badminton, mini-sport, multi-sport skating, soccer and swimming. These programs provide valuable employment leadership opportunities for students. Staff help children improve their movement competence and confidence while developing their own leadership and teaching skills.

## PHYSICAL ACTIVITY FACILITATORS

Sport & Rec's Physical Activity Facilitators (PAFs) are the backbone of the recreation program. They ensure the safety of participants in physical activities and drop-in sports. They also serve as built-in buddies, providing camaraderie and support so that students can feel comfortable attending programs on their own.



## INTRAMURALS

U of T's intramural program is supported by student-staff who are responsible for officiating, game management, promotion and ensuring safety during events.

The Intramural Sport Council (ISC) is a student-led governance team that represents U of T's colleges and faculties. These students play a crucial role in the success of the intramural program by supporting policy development, ensuring its implementation, managing disciplinary matters and promoting the program across U of T's three campuses. The ISC helps maintain a vibrant and organized intramural community.



## VARSITY BLUES EVENTS & PROGRAMS

The Varsity Blues program hires casual staff to manage various aspects of game operations, including ticketing, event coordination, photography and videography. This dedicated team orchestrates numerous home events annually across seven venues on the St. George and U of T Scarborough campuses.

As these student-staff members grow and develop during their time at U of T, they may take on leadership roles as student coordinators or venue-specific sport leads. Many members of the media team have built on this valuable experience to advance their careers in sport, securing positions with prestigious organizations such as the Vancouver Canucks, Toronto Blue Jays, Toronto Argonauts, Canada Soccer and Toronto FC.



We operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport, Back Campus Fields, Varsity Centre and Arena, the Athletic Centre and the playing fields on Front Campus and Robert Street. Complimentary day lockers at the Goldring Centre and Athletic Centre make physical activity more convenient.

These facilities welcome students, academic program and research participants, children and community members. They host a wide range of programs including intramurals, interuniversity sports, drop-in sports and recreation and registered programs. Student and community groups frequently rent space in these facilities for special events.

## ATHLETIC CENTRE

Home to the Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the Athletic Centre (AC) is the university's most-used sporting facility. The AC provides students and the community with a world-class sporting facility in the heart of Toronto.

Features:

- **AN INDOOR FIELD HOUSE WITH 200M TRACK & FOUR MULTI-PURPOSE COURTS**
- **A LARGE, MODERN STRENGTH AND CONDITIONING CENTRE**
- **FREE, CONVENIENT DAY LOCKERS**
- **ONE 50M POOL**
- **ONE 25YD POOL**
- **ONE TEACH POOL**
- **ONE DOUBLE-COURT GYMNASIUM**
- **ONE SINGLE-COURT GYMNASIUM**
- **ONE DEDICATED GYMNASTICS GYMNASIUM**
- **NINE SQUASH COURTS (TWO DEDICATED TO TABLE TENNIS)**
- **ONE DANCE STUDIO**
- **CARDIO MACHINES**
- **WEIGHTLIFTING ZONE**
- **OUTDOOR GYM**

## GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT

Since opening in 2014, the Goldring Centre for High Performance Sport has continually increased the university's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball as well as intercollegiate, Tri-Campus Development League and intramural programming.

Features:

- **A 2,000-SEAT, INTERNATIONAL-STANDARD FIELD HOUSE FOR COURT SPORTS**
- **A STATE-OF-THE-ART STRENGTH AND CONDITIONING CENTRE**
- **SPORT SCIENCE LABORATORIES FOR TEACHING AND RESEARCH**
- **SPORT & EXERCISE MEDICINE CLINIC**



## VARSITY CENTRE AND VARSITY ARENA

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre and Varsity Arena also host recreational and instructional classes, children's programs and high performance athlete training.

Features:

- A 5,000-SEAT STADIUM
- A 400M EIGHT-LANE TRACK
- AN ARTIFICIAL TURF FIELD WITH A DOME FOR WINTER USE THAT PROVIDES ADDITIONAL SPACE FOR INTRAMURALS, DROP-IN SPORTS AND A DRIVING RANGE
- A 4,000-SEAT ARENA



## BACK CAMPUS FIELDS

The Back Campus Fields are available for individuals and groups to use for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

Features:

- TWO ALL-WEATHER TURF FIELDS

## RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. This makes sport and recreation both affordable and convenient.





UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION