

JANUARY / FEBRUARY SCHEDULE 2010

WOMENS VOLLEYBALL

Tues, January 12	CU de St-Boniface	CMU	630
Sat, January 30	Red River College	CMU	600
Sat, February 6	CU de St-Boniface	Winnipeg, MB	200
Fri, February 12	Red River College	Winnipeg, MB	630

MENS VOLLEYBALL

Tues, January 12	CU de St-Boniface	CMU	800
Sat, January 30	Red River College	CMU	730
Wed, February 3	Providence College	CMU	700
Fri, February 5	Providence College	Otterburne, MB	700
Sat, February 6	CU de St-Boniface	Winnipeg, MB	330
Fri, February 12	Red River College	Winnipeg, MB	800

WOMENS BASKETBALL

Fri, January 15	Dakota College Bottineau	CMU	630
Fri, January 22	Providence College	CMU	630
Fri, January 29	Red River College	CMU	600
Sat, February 6	Red River College	Winnipeg, MB	100
Wed, February 10	Providence College	Otterburne, MB	630
Fri, February 12	Providence College	CMU	630
Fri, February 26	Winnipeg Swoosh	CMU	630

MENS BASKETBALL

Fri, January 15	Dakota College Bottineau	CMU	800
Sun, January 17	CU de St-Boniface	Winnipeg, MB	300
Fri, January 22	Providence College	CMU	800
Fri, January 29	Red River College	CMU	800
Sat, January 30	Oak Hills Christian College	CMU	300
Sat, February 6	Red River College	Winnipeg, MB	230
Wed, February 10	Providence College	Otterburne, MB	800
Fri, February 12	Providence College	CMU	800
Fri, February 19	Brandon University	CMU	700
Fri, February 26	CU de St-Boniface	CMU	800

For complete sport schedules, check our website cmu.ca/blazers

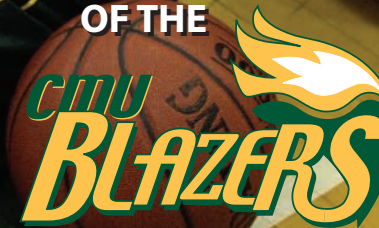
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Very few university athletes will ever have a chance to sign a professional contract in their sport or find their photo on the cover of a Sports Illustrated magazine. But for Evelyn Kampen of the CMU women's volleyball team and Christie Anne McCullough of the CMU women's basketball team, their road to success can be credited, in large part, to the healthy habits that they have acquired playing university sports.

After being selected to Team Manitoba in 2006, Kampen spent her first two years at Trinity Western University in BC. The jump from high school to an elite university program was a challenge for the graduate of River East Collegiate, but there were plenty of important lessons that she took from the experience. "Until having played CIS volleyball, I hadn't always thought about all the practices, weight training, nutrition, and mental prep that were involved in order to play a great game," she says. "But that's what it's

all about if you want results. If you want to see change, you need to work to get there."

The ability to focus on a goal and then devote one's self to the steps needed to achieve it is just one of the benefits of playing elite-level sports – a lesson that Christie-Anne McCullough echoes when she talks about the things that she has learned from her experience playing university basketball.

"I have always been told that as a student-athlete, the 'student' part comes first," says McCullough. After beginning her university basketball career at CMU, the level-headed point guard was recruited to the prestigious basketball program at Brandon University in 2008 where she was selected a CIS Academic All-Canadian. Now back in the green and gold of CMU and graduating with an undergraduate degree in History, McCullough applies the lessons she's learned on the court to success in her academic studies.

"Being a part of a team teaches important lessons on communicating with others and creating friendships," she explains. "The most important lesson I have learned is how to keep a positive attitude and outlook on life even during the most difficult, frustrating moments. It's about perspective and keeping that balanced."

McCullough lists punctuality, responsibility and accountability as the three most prominent things that she has learned from playing university team sports. She adds, "I have made some of my best friends through sports. As an athlete, you experience the same pains, difficulties and triumphs as your teammates."

Kampen and McCullough have been huge parts of the success of the women's sports programs at CMU this year. Alongside the women's soccer team, who captured the MCAC championship last October, the women's volleyball and women's basketball teams are sitting in first-place as they enter 2010. But win or lose, Kampen and McCullough seem destined for big things: both on and off the court. They have applied the lessons of university sports to their lives.



WHAT IS THE ADOPT-A-BLAZER PROGRAM?

The Adopt-a-Blazer program is an avenue for alumni family, and friends to participate in the success of The Canadian Mennonite University Blazers. Your generous contribution ensures our commitment to excellence and helps us turn today's student-athletes into tomorrow's community leaders.

HOW WILL MY DONATION HELP?

Great university sports programs are built with the help of generous supporters like you! Being a student-athlete requires a commitment of time and energy throughout the academic year, leaving little time for part-time employment. CMU Athletics is committed to offering our student-athletes a great experience that enables them to focus whole-heartedly on academics and athletics. The Adopt-a-Blazer program is a tool that helps ease the financial burden that is placed on our student athletes.

WHERE DOES MY DONATION GO?

Funds raised through the Adopt-a-Blazer program will directly benefit CMU student-athletes. The money assists in the cost of transportation, lodging and tournament fees—costs that student-athletes often bear.

For more information, please contact: Russell Willms, Director of Athletics
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VISIT US AT CMU.CA/BLAZERS

