

TRU WOLFPACK

WOMEN'S VOLLEYBALL



The 2017-18 Canada West /USport season will be the 13th for the TRU WolfPack women's volleyball team. WolfPack women's volleyball has been the most improved program in the nation over the last three years. The WolfPack look to improve upon their appearance in the Canada West post season.

For more info on the WolfPack Women's Volleyball team go to:

GOWOLFPACK.TRU.CA



**THOMPSON
RIVERS
UNIVERSITY**



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UNIVERSITY**

**KAMLOOPS, BC
CANADA**

WOLFPACK WVB MISSION:

We will pursue excellence on and off the court by pushing and supporting one another to work hard and compete each day. We will represent our school, program and community with pride and humility.



WOLFPACK & COMMUNITY

Every member of the WolfPack Women's Volleyball team is expected to volunteer 20 hours in the community during the school year. The WolfPack are involved in a number of community initiatives including Terry Fox Runs in Elementary Schools, Toys for Kids, New Life Mission and coaching with the KVA.

In 2014-15, the team resurrected the "Adopt a school" program. This saw members of the team going to designated elementary schools in the Kamloops area throughout the year. Not only did they help with the school's volleyball program, but they were also involved in helping read to students and other activities the school's principal and teaching felt appropriate. This program builds players public speaking skills and shows the young students what it takes to be a university student athlete. The women's volleyball program also helps run camps, clinics and tournaments in Kamloops during the school year.

The relationship between the WolfPack and the city of Kamloops has helped bring about a dramatic increase in attendance at TRU home games. In fact, the attendance at volleyball games is among the best in Canadian University Sports. Attendance at the home matches continues to improve.

The TRU WolfPack average over a thousand fans for their home opener. The average attendance at a WolfPack volleyball game over recent years has been over 500.

Kamloops - Canada's Tournament Capital

**COME COMPETE IN AN ENVIRONMENT
WHERE ATHLETICS MATTERS!**

Early Admission for Grade 11 students is May 1 - June 15

tru.ca/grade11

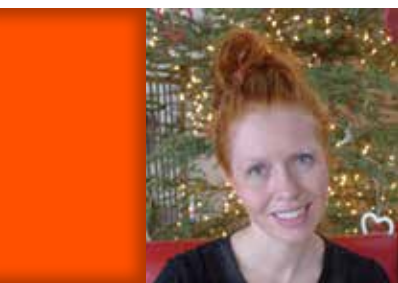
REASONS TO JOIN THE WOLFPACK



AMANDA FRAYNE

TRU Alumni

"I spent five years as a student athlete at TRU, doing my Bachelor of Science degree and playing volleyball. I loved the intimacy of the small campus and I got a fabulous education from a faculty who supported my athletic career by accommodating my volleyball schedule and even cheering me on at home games. I graduated a four time CIS Academic All Canadian Honour Roll recipient and went on to UBC to do my Masters of Physical Therapy. I wouldn't be where I am today without the wonderful experience I had in both my academic and athletic careers at TRU."



HEIDI HUTTUNEN

Organic Chemistry, Associate Professor

"I completed my undergrad and PhD at one of the larger universities in Western Canada and Thompson Rivers University offers a different and personal learning experience. I chose to work at Thompson Rivers University so I could connect with my students and offer them a more personal learning experience. The smaller class sizes allow for more one on one interaction between students and faculty."



NORM HANSON

Interior Health Practice Leader Physiotherapy

"Choosing a university is a huge step. If you are interested in a career such as physical therapy, I can say as someone who sits on the UBC School of Physical Therapy admission panel that the university from which one gets their undergrad degree is not important to the UBC School of Physiotherapy. The type of degree that you get is also of no significance—a linguistics degree is just as good as a science of kinesiology degree. My advice is to go to a smaller school that has small classes, make sure you have taken all of the prerequisite courses, and get good grades. My advice as a potential employer is that attending a smaller university like TRU will also give you more opportunities to build your volunteer resume. This is always important as you apply to post grad programs."

ACADEMIC AND ATHLETIC SUCCESS AT TRU

IULIA PAKHOMENKO

Canada west and CIS Player of the Year. Two-time all canadian.

CURRENT ACADEMIC ALL - CANADIANS



MORGAN KOLASA



CARLY GUNTER



JULIA NIEMCZEWSKA



ALINA SOPIZHUK



SAMANTHA HORTH





Tournament Capital Centre/ Hillside Stadium:

- Turf field: holds 1060 for soccer
- 2 grass fields for training
- 6 new change rooms
- 2 weight rooms
- Swimming pool
- Hot and cold tubs

Kamloops Is:

- One of Canada's 100 largest cities
- The second driest city in Canada
- 14th for the fewest snow days
- 7th for the lowest snowfall

Kamloops Has:

- Hottest summer of any city in Canada
- Most days above 30 degrees celcius of any city in Canada
- Second warmest spring of any city in Canada
- 13th mildest winter of any city in Canada

*from Environment Canada, based on 30 years of data
www.climate.weatheroffice.gc.ca/winners/intro_e.html*

Kamloops & Area Attractions:

- Sun Peaks
www.sunpeaksresort.com
- Biking, Golfing, Fishing and more!
www.tourismkamloops.com
- Tournament Capital of Canada
www.kamloops.ca/index.shtml

**COME COMPETE IN AN ENVIRONMENT WITH
LOTS OF EVENTS AND ACTIVITIES TO EXPERIENCE!**

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