



University  
of Regina

Kinesiology &  
Health Studies

**12<sup>TH</sup> ANNUAL  
ALUMINI &  
AWARDS  
RECEPTION**

Faculty of Kinesiology & Health Studies

**March 14, 2025 – 7:00 PM  
Innovation Place**



# Program

6:00pm - Cocktails

7:00pm - Formal Program & Awards

**Dr. Harold Riemer**

- Introduction

**Dr. Jeff Keshen**

- Bring greetings on behalf of the University of Regina  
Awards Ceremony

- Student Scholarship Winners
- Deans Honour List Recipients
- Academic All-Canadians
- Academic Silver Scholarship Recipients
- Academic Gold Scholarship Recipients
- Dean's Medal Recipients
- Dean's Award of Academic Excellence
- Outstanding Field Work Agency Award
- Distinguished Recent Alumnus Award
- Distinguished Alumnus
- 8:30 PM - Social



# 2024 Scholarship Winners

Aboriginal Kinesiology and Health Studies Award – Donovan Buskey

Children on the Move – Emma Metz

Dayna Brons Memorial Bursary – Hailey Ellis

Dr. Bill Clark Scholarship in Rec and/or Sports Admin – Avery Lightfoot

Dr. Don Clark Scholarship – Donovan Buskey

Dr. Ernie Nicholls Scholarship – No Applicant

Dr. Mary Bluechardt Scholarship – No Applicant

Dr. Ralph Nilson Scholarship in Health Studies – Chantel Hoag

Dr. Robert McCulloch Scholarship – Astha Shah

Dr. Sandra Schmirler Scholarship - No Applicant

Eli Glieberman Scholarship in HK & TR – Ovesh Purahoo

Farden/Nilson Memorial Scholarship – Zunaira Siddiqi

Ferguson Alumni Scholarship for Human Kinetics, Athletic Therapy, and/or Therapeutic Recreation – Donovan Buskey

Groome Family Fellowship in Health Research – Zahra Moslemi & Amir Rajaei

Canada Games Grad Fellowship in Sport & Recreation Management – Mikaila Etheredge

Professor Gene Rizak Scholarship – No Applicant

Fyola Lorenzen Award – Bailey Balaberda

Jim Burnett Faculty of Kinesiology and Health Studies Award – Zunaira Siddiqi & Matthew Brough

NASSM Scholarship in Sport & Recreation Management – Jeanette Orpe

Chancellor's Scholarship – Megan Stark

John & Jack Spencer Middleton Scholarship – No Applicant

Queen City Vending – KHS Entrance Scholarship – No Applicant

Neil Sherlock Scholarship – Avery Lightfoot

Sask Sport Glenn Tuck Memorial Scholarship – Sage McCulloch & Jacob King

Saskatchewan Physical Education Association (SPEA) Book Prize Book Prize – Jadyn Kushniruk

Saskatchewan Innovation Undergraduate Scholarship - Tiffany Sotomi & Avery Lightfoot



# 2024 Dean's Honour List

Ansharah Airaj	Peyton Folk	Abbey Newton
Zakhraf Asghar	Cody Geber	Tyson O'Day
Felicia Beauregard-Labelle	Michael Graff	Lexi Peace
Dayson Bird	Alexandra Harder	Emily Pho
Brooklyn Bohay	McKenna Harkness	Zachary Popowich
Brooklynn Brandow	Faith Hay	Karly Ries
Madeline Bray	Taylor Hebert	Madison Sagert
Sarah Benson	Georgia Hertz	Presley Sagert
Michelle Mora Brito	Eric Heroux	KC Saphar
Kirah Brown	Brandi Howe	Haley Schrader
Donovan Buskey	Martina Johnson	Shaylee Scraba
Carter Casey	Sana Karam	Erica Sembaluk-Hart
Ryan Chernoff	Alexa Keffer	Astha Gopesh Shah
Makenzie Chamberlin	Micaela Keyowski	Zunaira Siddiqi
Keara Christensen	Saad Khan	Dylan Sies
Gracie Christiansen	Jacob King	Braxton Terrance Snell
Carter Coghill	Lea Shady Kheir	Xinting Sun
McKenna Desautels	Emily Kwak	Ciara Switzer
Jaxon Diamond	Jaden Lenius	Brianna Swryda
Aiden Doig	Isaac Litzenberger	Ally Thompson
Rana Elgendy	Anya Mandziak	Andra Todd
Peyton Enns	Sarah McCracken	Lucas Wagner
Makayla Exner	Sage McCulloch	Brendan Weeks
Jenna Fiorante	Sydney Muhr	Zujiing Yu
Ceanna Fisher	Wyatt Neufeld	Sara Zahid



## Academic Silver Scholarship

Dayson Bird  
Brooklynn Brandow  
Makenzie Chamberlin  
Keara Christensen  
Gracie Christensen  
Carter Coghill  
McKenna Desautels  
Jaxon Diamond  
Shane Donison  
Ramzy Abdellatif  
Brady Fiorante  
Jenna Fiorante  
Cody Geber  
McKenna Harkness  
Taylor Hebert  
Georgia Hertz  
Micaela Keyowski  
Lea Shady Kheir

Avery Lightfoot  
Brandon Logan  
Sage McCulloch  
Ryan Mills  
Hephzibah Ohaji  
Zachary Popowich  
Madisen Seida  
Astha Shah  
Zunaira Siddiqi  
Dylan Sies  
Braxton Terrance Snell  
Ally Thompson  
Andra Todd  
Lucas Wagner  
Brendan Weeks  
Sara Zahid

## Academic Gold Scholarship

Donovan Buskey  
Madison Sagert



# **2024 Dean's Medal & University Prize in Kinesiology & Health Studies**

**Dean's Medal:**

**Heather Foy**

Bachelor of Kinesiology, Major in Human Kinetics - Great Distinction

**University Prize in Kinesiology and Health Studies - *Spring 2024:***

**Jadyn Kushniruk**

Bachelor of Kinesiology, Human Kinetics with Great Distinction

**University Prize in Kinesiology and Health Studies - *Fall 2024:***

**Erica Dawn Sembaluk-Hart**

Bachelor of Health Studies with Great Distinction



# Dean's Award of Academic Excellence

## 2024 Winners:

**Gold:** Wyatt Neufeld - (97.6 - 30 credit hours) – BKin

**Silver:** Madison Sagert - (95.89 - 27 credit hours) – BKin

**Bronze:** Donovan Buskey (93.8 - 30 credit hours) BKin Honours

## Honourable Mention (Met Criteria):

Gracie Christiansen (91.0 - 27 credit hours) - BKin

Micaela Keywoski (90.33 - 27 credit hours) - BKin

Zachary Popowich (91.9 - 30 credit hours) - BKin

Astha Shah (90.25 - 24 credit hours) - BKin

Zunaira Siddiqi (93.25 - 24 credit hours) - BKin

Dylan Sies (90.22 - 27 credit hours) - BKin



# 2024 Academic All Canadians

Jacob Dakiniewich – Football

Ryan Mills – Football

Jackson Sombach- Football

Ovesh Purahoo – Swimming

Taylor Hebert – Swimming Mason

Mason Novik – Track & Field

Scott Fenton – Track & Field/Cross Country

Jade Belmore – Basketball

Madisen Seida – Basketball

Lexi Peace – Hockey

Shaylee Scraba – Hockey

Peyton Enns – Soccer

Natliia Kolesova – Swimming

Ellison Kozan – Track & Filed/Cross Country

Jadyn Kushniruk – Hockey

Rachel O'Toole - Hockey



# U of R Entrance Scholarship

## Fall 2024

Valerie Bodnariuc	Cassidy Peters
Ceanna Fischer	Hanna Klyne
Theresa Clark	McKenna Strykiwsky
Mathew Morris	Sara Mansell *
Isabella Carey	Breanna Fichter
Scarlett Heisler	Nikosis Messner
Anya Mandziak	Rylie Benson
Megan Stark	Carter Casey
Autumn Osmak	Renzel-Ron Parrenas Arinaza
Luc Daniel Fafard	Kayden Wiebe
Felicia Beauregard-Labelle	Connor Adams
Janey Tremblay	Renee Bishop
Mateah Sebastian	Zaynab Khan
Mariam Nada	Dominic Topos
Zoe Arnold	

\*Out of Province Entrance Scholarship\*



# International Entrance Award

## Winter 2024

Oliver Owusu Afriyie  
Jaspinder Kaur  
Laura Okafor  
Harnoorjot Kaur  
Heer Patel  
Harmanpreet Kaur  
Rohan Kapila  
Amolneer  
Harsh Sharma

## Summer 2024

Florence Quainoo  
Prabhjot Kaur  
Upkaran Singh Brar  
Pameljot Kaur

## Fall 2024

Rakhi Ghosh  
Joyce Dake  
Gurleen Kaur  
Nishu Kumar

# International Student of Distinction Scholars

Ansharah Airaj  
Yiming Mu  
Agga Myo



# Outstanding Fieldwork Agency

OPEX Fitness Regina is a fitness facility dedicated to helping men and women over the age of 40 achieve personalized, sustainable health and fitness goals. Our mission is to empower our clients by teaching them about their unique health needs and helping them find fitness solutions that work specifically for them. We believe in promoting long-term change through education and individualized coaching. We also work collaboratively with the physiotherapy, chiropractic, and health community in order to provide well rounded support for our clients.



**OPEX Fitness Regina**

Beyond fitness, OPEX Fitness Regina is committed to supporting the next generation of fitness professionals. We collaborate with students from the University of Regina, offering opportunities for them to develop their personal and coaching skills during their fieldwork term. As part of our community outreach, we look to Regina's Kinesiology graduates when we hire new coaches, helping them establish successful careers in the fitness industry.

Our efforts have earned us the prestigious OPEX Gym of the Year award, and we are also honored to be receiving this award from the University of Regina for our contributions to the development of fieldwork students. At OPEX Fitness Regina, we pride ourselves on creating a supportive environment where both clients and students thrive, fostering sustainable health and career growth in the fitness industry.



# Distinguished Recent Alumnus



**Landon Watson**

I graduated from the University of Regina in 2016 with a Bachelor of Sport & Recreation Studies with a major in Sport and Recreation Management and a Diploma of Business Administration.

Following graduation, I spent seven seasons with the Regina Pats working my last few years as their Director of Hockey Operations.

In August of 2023, I was hired by the Arizona Coyotes as Manager of Hockey Operations.

I currently reside in Salt Lake City, Utah where I am working as Manager of Hockey Operations for the Utah Hockey Club.



## Distinguished Alumnus

Linda convocated from the University of Regina Spring of 1991 with a Bachelor of Physical Activity Studies (now Kinesiology) degree with a specialization in the Adaptive program. She began her career as the Activity Director at the Weyburn Special Care Home, where she worked for two years before moving to the Regina Lutheran Care Home. She later joined William Booth Special Care Home, where she concluded her career as Assistant Director of Care, dedicating over 20 years of work to the facility.



**Linda Ostryzniuk  
(Wright)**

Throughout her career, Linda was actively involved with the Saskatchewan Association Recreation Professionals and was recognized as an Outstanding Recreation Professional in 2014. Committed to furthering her education in Therapeutic Recreation, she became one of the first two Certified Therapeutic Recreation Specialist in Saskatchewan in 2018.

Her expertise in Therapeutic Recreation led her to a position of sessional lecturer at the University of Regina where she taught classes in Therapeutic Recreation including Aging, Interventions, as well as Mental Health and Addictions. In 2019, Linda was recognized by the Canadian Therapeutic Recreation Association as the Outstanding Recreational Professional for her work with and for promoting Recreation Therapy in Saskatchewan.

# Class of Fall 2024

## Bachelor of Health Studies

Erica Lynn Fraser  
Rumsha Mazhar  
Shreyaben Dharmeshkumar Patel  
Erica Dawn Sembaluk-Hart\*\*

## Bachelor of Kinesiology

Jacob Michael Dakiniewich\*  
Tasleight Tamara Kathleen Dutchyshen\*  
Chris Gia Quita Fesalbon  
Luca Fiorito  
Cara Lynn Freed\*\*  
Chase Kyle Hampson  
Parker William Kreft  
Brandon James Logan\*  
Prabhnor Singh Mahant  
Jervahn Malabre-Gyorfi  
Abhimanyu Hitesh Pandya  
Frasier Edward Parry  
Hetviben Amitkumar Patel  
Zeel Ashwinkumar Patel  
Robert Lawrence Otto Rooney\*  
Adrianna Marie Schneider  
Shantelle Dawn Seibel  
Heer Tusharbai Shah  
Lahar Hiren Shah  
Danielle Erika Pavia Timog\*  
Joel Idorenyin Uwah  
Junel Rance Villanueva  
Lingdan Wang Zujing Yu\*  
Bachelor of Kinesiology Honours  
Sarah Benson

## Bachelor of Sport and Recreation Studies

Colby Morley Collins  
Jennifer Lee Davis\*  
Liana Laree Lemke  
Mimi Lucia Lockhurst  
Jordynn Paula Alice Pewapsconias  
Luke Alexander Wyatt\*

## Diploma in Health Studies

Savannah Elizabeth Chouinard  
Emmanuela Chidera Chukwunyere  
Benisandra Nji Mah  
Nikita Nath  
Martin Okwuchukwu Okakpu  
Mopelola Dolapo Rahman  
Tanvi Chetan Surti

## Certificate in Health Studies

Stephen Oluwatosin Adeyemi  
Grace Modupeoluwa Akhigbe  
Afolashade Aishat Akinyele  
Alimat Themmy Atolagbe  
Pashal Ndubuisi Chinyere  
Abasiama Nsikak Ebong  
Folabomi Boluwatito Folarin-Salami  
Amanjot Kaur  
Gagandeep Kaur  
Komalpreet Kaur  
Navjot Kaur  
Vanshdeep Kaur  
Jamiu Damilola Olaotan  
Olamilekan Enoch Oluwaloyo  
Anita Asiedu Osae  
Ugonna Prince Ernest Osigwe  
Fawaz Olanrewaju Oyeniyi  
Adedamola Olubanke Oyeyipo  
Aesha Harshadkumar Patel  
Olatunbosun Daniel Popoola  
Osaro Marcel Roy  
John Segun Sofowora

## Indigenous Birth Support Worker Certificate

Jaicilyn Paige Thomson

\*with Distinction

\*\*with Great Distinction

# Graduating Class of Spring 2025

## Bachelor of Kinesiology

Tesbiha Ahmad

Hunter Bohay

Bryce Cockwill

Shane Donison

Farhaan Fawad

Georgia Hertz

Andrew Hillsden

Emily Kwak

Tyson Luby

Garrett Norman

Riya Patel

Karly Ries

Alexander Varsanyi

Lucas Wagner

Brendan Weeks

## Diploma in Health Studies

Arsh Kaur

Eshitta

Guryog Singh

Riya Sandu

Flourish Boluwatife Adekoya

Angel Chimere Obika

Mohammed Zaid -Mahammedsajid Choksi

Lulia Fessahaie

Khushi Arvind Juneja

Aparna Nayyer

Ikechukwu Nnadi

Roseline Bosede Ogunrinde

Charles Omonkhegbe

Tithiben Mauleshbhai Patel

Shuyue Wu

## Bachelor of Kinesiology Honours

Emily Pho

## Bachelor of Sport and Recreation Studies

Mitchel Cook

Alison Fulton

Kimberly Nicholls

Natasha Senger

## Bachelor of Health Studies

Robert John Mercado

## Certificate in Health Studies

Amandeep Kaur

Gurwinder Kaur

Manpreet Kaur

Sukhpinder Singh

Timileyin Atika

Jasleen Brar

Adaugo Linda Chukwuma

Emiola Deborah Ekunleye

Joy Ejodamen

Chiara Beltejar Gangani

Izuchukwu Iladigwe

Gurleen Kaur Kaura

Chinedu Nwokoro

Kaosisochukwu Ogbatuo

Blessing Iyore Ogiemade

Jesulobami Iniolola Olatoye

Mariam Temilola Oshifade

Dhrumil Kamleshbhai Patel

Joy Umukoro



# University of Regina

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## Kinesiology & Health Studies

If you wish to obtain a copy of our program, please visit our website  
<https://www.uregina.ca/kinesiology/> or email  
[Echo.Ward@uregina.ca](mailto:Echo.Ward@uregina.ca)

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