



University of Windsor

Faculty of Human Kinetics

# NEWSLETTER

Keeping the HK Family Connected

APRIL 2021



## Lancer Centre Construction

Page 2 - See a brief status report and links to sources showing the progress of the new Lancer Centre.

## Spotlight on...

Page 10 - This semester we focus on Ergonomics and Human Factors as we have a look into the research of 4 faculty researchers.

## Celebration of a Century

Page 14 - The Windsor Lancer's first Athletic Director and Alumni Sports Hall of Fame inductee (1989) celebrated his 100th Birthday.

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## Lancer Centre Update



The New Lancer Centre is on-time and on-budget according to Colliers, Ellis Don and Fortis Group, project managers and contractors.

To read the Daily News Article, visit [bit.ly/lancercentre0321](http://bit.ly/lancercentre0321)

The centre is expected to open May 2022.

[uwindsor.ca/lancercentre](http://uwindsor.ca/lancercentre)

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# From the Office of the Dean

Dear alumni and friends,

I hope you are doing well and staying safe during these unprecedented times. Please allow me to begin by apologizing for the tardiness in our correspondence with you over the past couple years. As some of you may already know, we have witnessed several personnel changes in the Faculty of Human Kinetics in recent times, including the arrival of our new Communications Coordinator, Martin Vaughan. Under Martin's leadership, we have reconceptualized how we will communicate with our alumni and friends going forward and look forward to producing and distributing updates to you on a much more frequent basis than we have in the past.

Another major change in personnel occurred last Spring when our former Dean, Dr. Michael Khan, announced that he was leaving the University of Windsor to take up the position of Provost and Vice-President Academic at Trent University. On behalf of the entire Faculty, I want to thank Michael for all that he has done for HK and wish him nothing but my best in his new role at Trent. The search for the next Dean of Human Kinetics is ongoing, but in the meantime, I have stepped in as Acting Dean, while Dr. Sarah Woodruff has taken over as Acting Head of the Department of Kinesiology.

The past year has introduced its share of challenges for our HK Family. The onset of the COVID-19 pandemic last March required the University of Windsor to pivot to online teaching and learning, and has upended much of the research, recreational, and varsity athletic activities taking place at the South end of our campus. The consequence of these changes has resulted in most members of our Faculty being physically apart from one another for more than a year. During this time, we have also experienced a reckoning of sorts for racial justice, which has forced our Faculty to reflect on many of its existing practices in hopes of better serving,



recognizing, and supporting our Black, Indigenous, Asian, and other racialized students and staff. And, just as many of our own families have experienced the pain and suffering associated with losing a loved one, we mourned the passing of several members of our HK Family, including Dennis Fairall and Dr. Bob Boucher (see stories honouring both individuals later in this newsletter).

But, with each of these challenges there lies opportunity. Our faculty, staff, and coaches have found new and innovative ways to engage our current and prospective students and student athletes, despite being miles, and in some cases entire time zones apart from one another. As evidence of these efforts, we celebrated Dr. Dave Andrews as he became HK's first 3M National Teaching Fellow, while Ms. Adriana Duquette received a Minister's Award of Excellence for her efforts in adapting our intensive undergraduate laboratory classes into a highly-interactive, online format. Our undergraduate student satisfaction ratings are once again among the very best in Ontario, while our MHK program in Sport Management continues to be ranked #1 in Canada. Despite missing out on a competitive season, our varsity athletes revived the Lancer Student-Athlete Committee (LSAC), which has provided them with enhanced leadership opportunities and a collective voice on matters pertinent to their UWindsor experience, while Lancer Recreation has developed a plethora of online programming to keep people active and healthy from the comfort and safety of their own homes. Moreover, the Faculty established a new Anti-Racism Sub-committee (chaired by Dr. Kevin Milne) of our long-standing Equity Committee (recently re-named the EDI Committee) to ensure that we are doing our best to provide a welcoming and safe learning environment for all our students and student-athletes, but particularly those who have been on the receiving end of racial injustice.

Finally, I would be remiss not to share that construction on the Lancer Centre is proceeding on time and on budget. This new facility will feature an eight lane 25m pool, a triple-court gymnasium with seating for 2,000 spectators, a state-of-the-art 13,000 square foot fitness centre, three multipurpose rooms, refurbished outdoor fields, and several social and study areas (including the Alumni Lounge). Needless to say, this new facility will provide countless opportunities for recreation, varsity athletics, and community partnerships and events, as well as hundreds of student employment and experiential learning opportunities for our students and student-athletes. We look forward to welcoming everyone to the Lancer Centre in the Spring of 2022!

I wish to conclude by thanking everyone...our students, student-athletes, staff, faculty, alumni, retirees, donors, and community/industry partners for their ongoing patience, perseverance, creativity, and compassion over the past 12 months. These have been incredibly challenging times, but I sincerely appreciate how well everyone has worked together as a team to help us get through it.

Respectfully yours,  
 Jess C. Dixon, Ph.D. Acting Dean, Faculty of Human Kinetics





# Hello Lancers!

As we reflect on 2020...now and in the years to come... we will surely comment that the experience was one like no other. The impacts to Athletics & Rec. Services (ARS) were many. Seasons, championships and programs were cancelled. Facilities were closed. Contact with coaches, teammates and colleagues was diminished. Many felt the loss of "normalcy" and experienced the frustration of lost opportunity and increased isolation deeply.

Perhaps the most remarkable aspect of this past ten months has been the patience, kindness, love, grit, innovation, resiliency, teamwork and determination displayed by ARS staff, coaches,

student-athletes and student-employees. What you have collectively demonstrated as we have navigated together a global pandemic.....and an awakening to the issues of social justice, inequality and oppression in our midst...has been both humbling and inspirational.

As we look forward to recovering and returning to a more normal "post COVID" ARS in the coming months I am confident that we will continue to remain committed to each other, to standing together, and to making the changes that will make our spaces safe, inclusive and free of oppression. We have shown in these past months that we are equal to the coming challenges. It makes me proud to be a Lancer.

Mike Havey,  
Director, Lancer Athletics and Recreation



## goLancers.ca gets a fresh new look!

The Windsor Lancers have given their website a fresh new look. The new design puts the game results right up top, while also giving fans an inside look into Lancer recaps, their social media channels, and athlete profiles.

Check out the new Lancer website at [goLancers.ca](http://goLancers.ca)!

# goLancers.ca Headlines

## Lancers Launch Behind the Shield Podcast

The Windsor Lancers have launched a brand new podcast channel. Sponsored by the Alumni Association, the channel features multiple student-staff led podcast shows, including the main series known as Behind The Shield, which is now available on all mainstream podcasting platforms including Spotify and Apple Podcasts.

The podcasts will also be widely available on our social media pages including Facebook, Instagram, Twitter, YouTube and at goLancers.ca.

Behind The Shield is co-hosted by Andrew Papadopoulos and Cailey Theos and will air on a bi-weekly basis throughout the school year to help keep Lancer fans engaged during the current hiatus of regularly scheduled varsity sports seasons due to the ongoing COVID-19 pandemic.

Papadopoulos and Theos take Lancer fans 'Behind The Shield' by speaking with many members of the Lancer Family whether they are current athletes, alumni, coaches, training staff, administrative staff, broadcasters, and anyone directly associated with the blue and gold who have donned the Lancers shield at one point in time. The pair hopes to lead engaging and insightful discussions by offering a wide range of topics and a diversity of guests to showcase unique perspectives on current events surrounding the Lancers and impacting our University of Windsor Lancer community.



## Lancers release The Joust gameshow!



The Lancer competitive spirit is alive and thriving in the form of THE JOUST! What is The Joust, you ask? It's the Windsor Lancers' game show that pits our athletes head-to-head to answer questions about all things UWindsor, sports and our surrounding community!

Be sure to check it out at goLancers.ca, on our social media channels @WindsorLancers, and on YouTube!

Written by Elisa Mitton - Lancer Athletics



## From the Associate Dean, Academic Programs

I hope this message finds everyone well. For those reading who may not know me, I am an alumnus of the University of Windsor, and in particular, I graduated with a Bachelor of Human Kinetics from Windsor in the late 90's. I returned to and started working in the Faculty of Human Kinetics as an assistant professor in 2008, and since 2018, have served as Associate Dean – Academic Programs. I would not have chosen any other Faculty in which to take on this role given that the strength of our unit is fully a function of the faculty, staff, and students who inhabit (both virtually and in-person) our classrooms and halls, both past and present.

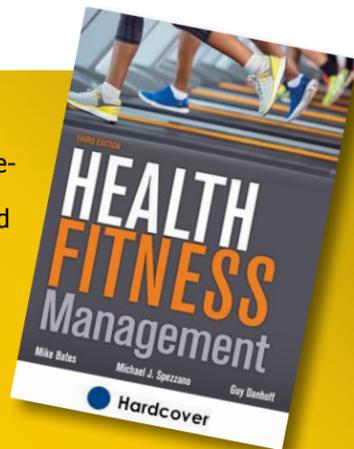
Over the last several years, our programming has expanded to offer students the opportunity to enroll in doctoral programming, of which we've now had a healthy

crop of Kinesiology PhD graduates, and an undergraduate thesis course, providing senior undergraduate students the opportunity to pursue directed research with faculty over the span of a year. In the fall of 2021, we will welcome our first cohort of students under newly evolved programming that allows high school and transfer students to directly enter one of our two long-standing Bachelor of Human Kinetics majors: 'Kinesiology - Movement Science' and 'Sport Management and Leadership'. Some of you may notice that the latter major also sees the addition of "Leadership" to its title. This is an important message to prospective employers, professional and postgraduate schools, and future students as it represents a hallmark of the education and training we deliver. We create leaders who move the world. Moreover, we have broadened our entry requirements to give high school students more option in the pathways they choose to enter our program while ensuring that they are prepared for the variety of courses they'll take throughout each of our majors. In addition to new and adapted degree-completion programs with our local college partners, a new Certificate in Human Factors and Ergonomics in the works, greater collaboration with other University departments, and the anticipated completion of the new Lancer Centre, I'm excited for the years we have ahead in the Faculty of Human Kinetics.

Take care,  
Kevin Milne, Ph.D. Associate Dean of Academic Programs

RECENT PUBLICATION

**Mike Bates** (BHK '95, MBA '04), a sessional lecturer in Kinesiology, past Chair of the UWindsor Alumni Association, and 2020 winner of the Alumni Ambassador Award, has released the third edition of *Health Fitness Management*, an in-depth and field-tested guide to the successful management of health and fitness clubs. This leading text incorporates topical research and industry trends in key managerial development areas such as thoughtful staff recruitment, training, development, and retention; attracting and retaining members and increasing profitability with the right mix of products and services; and operational and facility management functions, from understanding financial statements and maintaining equipment to managing risk. Mike owns and operates Refine Fitness Studio in the Historic Walkerville District in Windsor.



## From the Associate Dean, Research & Grad Studies

In an unprecedented year that was defined by the continually changing research-related realities of the COVID-19 pandemic, our HK Family members demonstrated strength, perseverance, and resilience. It still managed to be a stellar year – and we have much to celebrate. Our Faculty members secured local, national, and international research funding as principal or co-investigators, and translated their research findings by publishing in nearly 50 journals across the world, and authoring multiple book reviews, book chapters, and books. Our individual and collective expertise was showcased via invited talks and conference presentations, and through various paper, radio, social media, and other innovative knowledge mobilization outlets.

This success would not be possible without the hard work and dedication of numerous supportive and enthusiastic staff members, and our students. Our graduate students made important contributions to their fields by first-authoring more than two dozen conference abstracts, a book chapter, and 19 peer-reviewed manuscripts. In addition, many graduate students provided meaningful input as co-authors on numerous abstracts, book chapters, and manuscripts. In addition, our MHK and PhD students successfully secured external funding, and many were awarded prestigious research, teaching and service awards. At the undergraduate level, 50 students from HK and across campus (e.g., Psychology, Science, Schulich School of Medicine) actively participated in research as Thesis or Individual Studies students, as members of the Outstanding Scholars program, or as research assistant volunteers. An additional 144 students completed internships or co-op placements.

Although the annual Excellence in Scholarship, Research & Creative Activity Award celebration was cancelled due to the pandemic (as was our annual Kinesiology Research Day and HK Scholars' Evening), we were proud to learn that multiple HK faculty members and Kinesiology students will be recognized for their research and/or Research Ethics Board contributions at a rescheduled event. These awards are the University of Windsor's highest form of internal recognition for scholarship, research, and creative activity.

It is an honour to work with such outstanding faculty, staff, and students, and a privilege to serve as Associate Dean – Research & Graduate Studies in the Faculty of Human Kinetics. I look forward to working with our Human Kinetics Research Working Group, Kinesiology Graduate Committee, and the Kinesiology Graduate Student Association (KGSA) to continue growing our supportive research and graduate studies culture over the years to come.

Yours in research,  
Cheri L. M. McGowan, Ph.D. Associate Dean of Research & Graduate Studies



Congratulations to the members of our HK Family who are being honoured in this year's Celebration of Excellence in Research, Scholarship & Creative Activity! Please see the VPRI's website for details:  
<http://bit.ly/ResearchExcellence20>





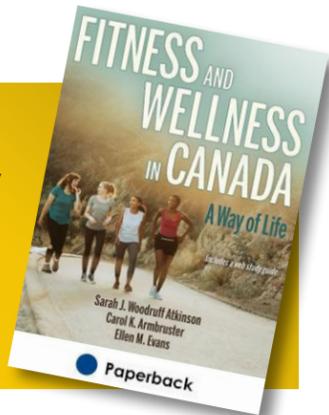
## From the Department Head

**G**reetings alumni, students, staff, and faculty!  
What a tremendous honour it is to be writing this as the Acting Department of Kinesiology. It's been an interesting year (to say the least) taking on this role during the Covid-19 pandemic. I am so proud of all my colleagues and students who continue to do their very best despite the current circumstances. I have missed hallway chatter, catching up, and teaching in an actual classroom. Like so many of you, I hope it's not too much longer before we're back within the HK Building doing all the things we love to do!

Despite the distance, we've had some tremendous teaching and research successes! To highlight just a few, congratulations go out to Dr. Dave Andrews for his 3M Teaching Fellowship and Ms. Adriana Duquette for her provincial Ministers Award of Teaching Excellence. Congratulations also to Dr. Sean Horton for the Wayne Marino Faculty of Human Kinetics Teaching Excellence Award and Dr. Todd Loughhead for Excellence in Graduate Mentorship Award. Kinesiology faculty also had much success on the research front with notable tri council, Mitacs, and WeSpark grants and various contracts with community organizations and industry partners. Lastly, our graduate program in Sport Management was once again ranked among the very best in the world by SportBusiness, a consulting and research group renowned for its global intelligence in the business of sport. Along with being ranked the #1 program in Canada, our graduate program ranked first for quality of teaching, third for the number of female students in the program, seventh for job support, and seventh for student satisfaction among programs from all around the world.

Coupled with these kinds of successes, the most recent National Survey of Student Engagement (NSSE) scores (from 2020) continue to suggest high levels of undergraduate student satisfaction within Kinesiology, and you can see the results on our social media channels. Despite the difficult year, we have continued to engage our students online, whether it be through the incredible efforts of our professors and staff, or the creative and hardworking HK Society or KGSA. A big thank you to our student leaders who have gone over and above this past year! Lastly, another thank you to all those students and alumni who continue to reach out and keep us up to date. We love hearing from you and are so proud of you and all your achievements.

With much gratitude and hope,  
Sarah Woodruff Ph.D. Acting Head, Department of Kinesiology



RECENT PUBLICATION

Dr. Sarah Woodruff, current Associate Professor and Acting Head of the Department of Kinesiology, has co-authored a leading evidence-based physical and mental health guide to point Canadian higher education students toward healthy choices and lifestyles. *Fitness and Wellness in Canada: A Way of Life* emphasizes behaviour modification in a range of relevant topical needs such as cardiorespiratory exercise, strength training, stretching, nutrition, weight management, stress management, substance abuse and addiction, and sexual health, enabling students with the tools to make positive lifestyle changes on the path to developing a healthy mind and body and increased quality of life.

## 2020 Alumni Sports Hall of Fame Inductees Honoured

**T**he University of Windsor's Alumni Association and the Department of Athletics were pleased to induct the 2020 class into the Alumni Sports Hall of Fame last September. In lieu of an in-person ceremony due to the COVID-19 pandemic, [a video commemoration](#) was released virtually during the last week of September.

Star athletes from swimming, hockey, and track & field highlight the inductees. Track & field stars Noelle Montcalm and Ositadinma (Osi) Nriagu, hockey standout Scott Hillman and swimming all-Canadian Matt Butler were honoured as a part of this year's ceremony.

**Scott Hillman (BHK '99)** is one of the few athletes in Lancer history to win both the Olympic Shield and DeMarco Award during their Lancer career. In 1998, the OUA all-star led all Canadian defensemen in scoring and led the blue and gold to their first ever Queen's Cup provincial championship. The following year, the team captain was again named an OUA all-star and CIAU all-Canadian and guided the Lancers to their second straight appearance at the national championships. Scott went on to have a successful ten-year career as a professional hockey player and was named the CHL Man of the Year in 2001.



**Noelle Montcalm (BScN '12)** was a four-time OUA all-star and all-Canadian for the Lancer track & field team. She led the blue and gold to four provincial and national championships, while being named the winner of the Wendy Jerome Trophy as OUA female track overall MVP three times. A Canadian Olympian in 2016, she brought home the Lancers' prestigious DeMarco award twice and continues to hold the Lancer record in the 60m hurdles, while placing in the all-time top five in the 300m, 60m, 4x200m relay and 4x400m relay.

**Ositadinma (Osi) Nriagu (BComm '05, BEd '07)** was a two time all-Canadian and three-time OUA all-star as a long jumper and high jumper with the Lancer track & field team. He helped lead the blue and gold to five consecutive OUA championships and three CIS men's track & field championships over his five-year career. Osi continues to rank in the Lancer all-time top ten in both the men's high jump and long jump.



**Matt Butler (BA '90)** is one of the most talented athletes in Lancer swimming history. The recipient of the Olympic Shield in 1990, Scott captured two OUAA gold medals in the 100m backstroke over his five-year career with the blue and gold. Scott captured seven provincial medals over this career, while also being named an all-Canadian. The five-time team MVP also competed at the Olympic Trials three times and brought home a gold medal in the 100m backstroke at the 2009 World Master Games in Sydney, Australia.

Written by Elisa Mitton - Lancer Athletics



## SPOTLIGHT ON ERGONOMICS & HUMAN FACTORS

Over the next while we would like to share some exciting things going on in the Faculty of Human Kinetics. This month we would like to highlight 4 faculty members in different career stages who are making a difference in the areas of ergonomics, biomechanics and human factors.

### Dr. Dave Andrews

As an active ergonomics and biomechanics researcher for over 20 years at the University of Windsor, Dr. David Andrews and the over 100 graduate and undergraduate students have contributed expertise to a wide variety of projects spanning multiple sectors, including automotive, agriculture, education, manufacturing, and healthcare. The overarching focus of his research program in ergonomics and biomechanics is injury prevention within occupational, home, and sport environments. Extending from his doctoral work, Dr. Andrews has developed and evaluated different video- and observation-based methods of quantifying peak and cumulative loads



on autoworkers, nurses, vegetable harvesters, and office staff in their occupational settings. One method of note is the Rapid Office Strain Assessment (ROSA) tool, which was created by one of Dr. Andrews' students, Dr. Mike Sonne. ROSA uses photographs and a scoring system to enable ergonomic risk assessment of office workstations. Now translated into multiple languages, ROSA is used by researchers, educational institutions, and practitioners in more than 20 countries across six continents worldwide.

With respect to his biomechanics research, Dr. Andrews has been studying the response and injury-mitigating effects of the body's rigid (bone) and soft (muscle, skin, fat)

tissues to impact. His initial work considered impacts consistent in magnitude to those experienced through the feet and legs during sport-related activities such as running and jumping, and those through the upper extremities that might be encountered between a person and the ground when arresting a fall using outstretched hands. Dr. Andrews has recently merged his interests in sport, human response to impact, and injury prevention to address, with a team of undergraduate and graduate students led by his PhD student Danielle Gyemi, concussions resulting from head impacts in youth sport. Using a novel, multi-camera data collection system at field level, Gyemi has captured game action of youth football players, and reported descriptive information, 3D head kinematics, and injury severities associated with head-to-head and head-to-ground impacts that occurred. His team is currently planning to broaden their reach in this important area of research with future investigations of head impacts in sports such as soccer and hockey.

Dr. Andrews' students and work in ergonomics and biomechanics have been funded by external agencies such as AUTO21, the Natural Sciences and Engineering Research Council of Canada (NSERC), Mitacs, the Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD), the National Institute for Occupational Safety and Health (NIOSH), and through contracts with industrial partners. His graduate students are typically employed as practicing ergonomists, human factors specialists, health and safety specialists, healthcare providers, professors, teachers, and consultants.

### Dr. Nadia Azar

It has been a roller-coaster for The DRUMMER Lab over the last couple years that went from an incredibly exciting and productive 2019 to a near-complete standstill since March 2020. Prior to the COVID-19 global pandemic, the live performance energy expenditure study was booming – Dr. Azar collected data on 15 professional drummers in 2019 (now up to 40 in total) with at least 10 more ready to participate once live shows can resume. Results will continue to be shared via the Drumeo Beat and her social media (all platforms: [@DrNadiaAzar](#)).



Nadia on stage with Barry Kerch (Shinedown) during data collection at DTE Energy Music Theater

Dr. Azar still can't believe she gets to go to concerts "for work", and she's grateful for all the incredible experiences this research has brought. The DRUMMER Lab currently has three graduate student members – Dylan Durward, Jessica Flammia, and Nicolas Latreille – all working on their thesis proposals and projects in anticipation of the day when lab activities can resume. Prior to the COVID shutdown, Dr. Azar presented some of the results of the drummer injury survey at the Performing Arts Medicine Association (PAMA) International Symposium and at the Percussive Arts Society International Convention. Articles were also published in Medical Problems of Performing Artists (September 2020) and the Journal of Popular Music Education (in press). Dr. Azar continues to appear on Drum Talk TV to promote awareness about playing-related musculoskeletal disorders to the global drumming community. Both Jess and Dylan had abstracts accepted for the 2020 PAMA Symposium, but sadly this was canceled due to the COVID-19 pandemic. All three students are currently preparing abstracts to submit to the International Symposium on Performance Science (Montreal, 2021 – hopefully in person!).



### Dr. Francesco Biondi

2020 has witnessed the birth of pivotal initiatives in the automotive world, among these the Windsor-based Automobile Partnership Initiative (API) and the Automotive Parts Manufacturers Association-backed Project Arrow.

The Human Systems Lab, which was co-founded by Dr. Biondi with Electrical Engineering's Dr. Balakumar Balasingam collaborates with Kinesiology and campus-wide researchers, and has latched onto this automobility

renaissance through kicking off key collaborations with the Ministry of Transportation of Ontario, iNAGO, a Toronto-based AI company, and Atlas Copco, one of the largest tool manufacturers. These research projects expand on the Department's Ergonomics and Biomechanics research by looking at non-traditional components in human-machine interaction like cognitive workload and usability.

As part of a research team with University researchers and external collaborators, Dr. Biondi also participated in a NATO competition where their contribution was selected among the top 10 worldwide innovations, and given the opportunity to pitch in front of the international NATO Innovation HUB committee. In the nearly three years since being at the University of Windsor, he





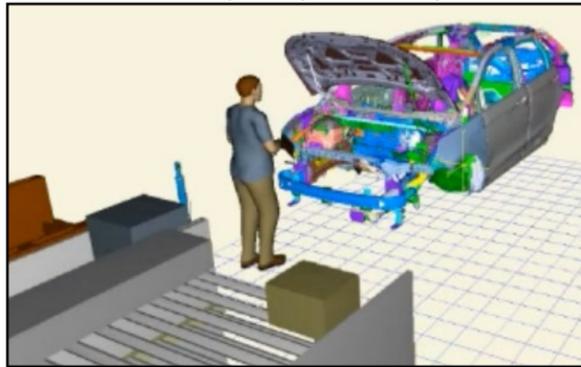
## SPOTLIGHT ON ERGONOMICS & HUMAN FACTORS (CONTINUED)

feels lucky to work with hard-working, enthusiastic undergraduate and graduate students who helped kickstart his research program, and to whom he was able to introduce to the non-traditional field of Cognitive Ergonomics. Personally, Windsor is the place where he became the father of Jack, a curious, enthusiastic one and a half year old little Canadian boy, and where more recently, his wife Ashley was able to successfully secure a long sought-after job in software development. Dr. Biondi said that moving to Windsor has been quite a ride so far, but he's happy to call Windsor home!

### Dr. Joel Cort

**D**r. Joel Cort and the members of the Occupation Simulation and Ergonomics Laboratory focus their research on preventing injuries within the workplace. The team collaborates on industry specific ergonomics concerns with Ford, General Motors, Stellantis, Atlas Copco Tools, Stryker Medical and Siemens, to ensure manufacturing tasks are completed with minimal risk of injury.

We have recently completed a 3-year NSERC Automotive Partnership of Canada grant where we



developed physical capability limits that can be used to determine the risk of injury for automotive assembly operators when using right-angle power tools, along with designing a new method to quantify forces associated with tool operation in the field. In addition, the team works with the Siemens human simulation software team on the validation of human simulation and virtual reality technologies for industrial ergonomic evaluations.

Partnering with Ford and Stryker Medical, we have created new methods within the digital human simulation software solutions to determine the physical demands associated with manufacturing tasks, while evaluating innovative human motion capture technology. This allows us to capture the motions of automotive assembly workers right on the plant floor. Continuing with our human digital simulation work, we are helping to improve on the process of currently assessing only a single "snapshot" of the worker in action to monitoring them in motion.

So, for the next 3-year years, the team will work towards reducing the time necessary for tracking the motions of humans performing common manufacturing tasks and a database of these motions will be created for the software so that they can be used by ergonomists/engineers to quickly create job simulations. Also, the collected motions will be used to explore and understand human motion behaviour relevant to automotive assembly tasks.

Finally, we are conducting research in partnership with GM to better understand the potential benefits of exoskeleton devices (think of the suit worn by Iron Man, without the ability to fly!). These suits would be worn by workers to help reduce the physical efforts by augmenting their strength, allowing them to complete their manufacturing tasks with a decrease risk of injury. We are very proud of our graduated laboratory members who are currently using their gained knowledge to improve the ergonomics for many of our industry partners.

## LANCER ALUMNI UPDATE

### Rob Kardas BHK '95, MHK '97

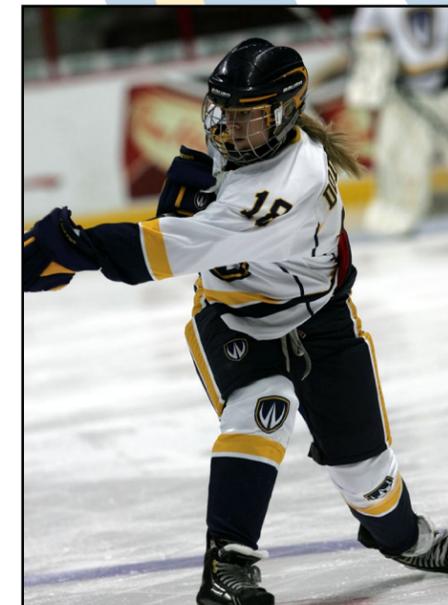
Lancer Men's Hockey 1991-96

**R**obert Kardas has recently been named the 11th President and Chief Executive Officer of Lambton College in Sarnia, Ontario.

Kardas has held various positions during his 23-year career with the college, beginning as a professor in the Sports and Recreation Administrative program. He played a lead role in developing a partnership with the College's Student Administrative Council that resulted in the building of Lambton College's new Athletics and Fitness Complex. Most recently he was the Vice President, Academic and Student Success.

While at Lambton, Kardas has worked to increase access to the College's world-class education and student life experience, helping to create a diverse and inclusive student body. He also developed a partnership with the College's Student Administrative Council that resulted in the building of Lambton College's new Athletic & Fitness Complex, a premier facility in the Ontario college landscape.

A member of the Lancer men's hockey team from 1991-96, Kardas graduated from the squad as team captain and finished his career with 5 goals, 15 assists for 20 points, and 68 penalty minutes.



Written by Elisa Mitton - Lancer Athletics

### Kayla Dodson BHK '15

Lancer Women's Hockey 2010-15

**K**ayla Dodson is the lead strength & conditioning coach and sport scientist for the Canadian Paralympic Alpine Ski Team, in Whistler, British Columbia.

By developing and organizing individualized training programs, performing physical testing, and administering physiotherapeutic, nutritional, and other paramedical services, Dodson played her part in 10 medals at the 2018 Paralympic Games. Based in Whistler, Kayla works for the Canadian Sport Institute Pacific, where she also manages and trains the Whistler Sport Legacies Biathlon program and Cross-Country Ski British Columbia.

As captain of the Lancer women's hockey team, Dodson finished her five-year career with the blue and gold with 13 goals, 30 assists for 43 points, and 76 penalty minutes. She currently sits seventh overall on the Lancers' all-time games played, lacing up her skates for 126 contests.





# The Birthday Celebration of a Century

By Andrew Papadopoulos

Dr. Frank DeMarco turned 100 years old on Sunday, February 14, 2021 virtually celebrating his centennial birthday with his many children and grandchildren all over the country. Dr. DeMarco was the Lancers first athletic director and through hard work and perseverance, laid a foundation for the University of Windsor's athletic programs.

"I love the U! I miss my time there. Go Lancers!" Dr. DeMarco responded when asked to recall his experiences at the university. He is very proud of his grandchildren who are following in their family's footsteps as Lancer athletes.

Two of Dr. DeMarco's grandchildren, Laura and Thomas DeMarco, currently represent the blue and gold. Both Laura and Thomas, will be playing for the Lancer golf team next season continuing the DeMarco family legacy which still casts its shadow over the University of Windsor. Laura and Thomas' older brother, Robert, also competed for the Lancer Track and Field team for two seasons (2015-2016) while attending UWindsor.



"He came from a small town up in Northern Ontario from an Italian immigrant family, so he had to work very hard and very smart to get where he is, including raising 12 children and grandfathering 26 grandchildren and 9 great grandchildren," Laura DeMarco recalled. "He instilled this mindset of working hard but also working smart."

The DeMarco Award, which bears his name, is presented annually to both a Windsor Lancer male athlete and female athlete that best combines athletic and academic excellence that year and remains one of the top prestigious sports awards for Lancer student-athletes to earn every year at the year-end athletic banquet.

"You just have to keep moving. Exercise is key, especially swimming. Puzzles and crosswords too," the centenarian explained when asked about the key to living 100 years. "You have to maintain a healthy mind and body regularly through consistent mental and physical exercise."

Dr. DeMarco was inducted into the University of Windsor Alumni Sports Hall of Fame in 1989, and the Windsor-Essex Sports Hall of Fame in 1996.



Lancer Recreation had a successful year engaging the campus and community through innovative physical activity and wellness virtual opportunities. During these unprecedented times the value of physical activity and recreation has never been more essential for the well-being of our students and campus. The creativity, collaboration and commitment of the Lancer Recreation team allowed for the development of many new initiatives and partnerships to bring recreation to our virtual campus community!



In the Spring of 2020, Lancer Recreation launched its student engagement platform "Lancer Rec Connect". Lancer Rec Connect offered everything from virtual fitness classes to esports leagues. In addition, an extensive virtual education and awareness campaign was developed focusing on the dimensions of wellness: physical, emotional, mental, social, spiritual and environmental.

Lancer Summer Camps which normally welcome over 2000 children and youth to the St Denis Centre was also offered in an online format. Lancer Recreation opened its virtual camp doors to both general interest and sport skills campers.

The eventual return to recreation at the St Denis Centre in the Fall of 2020 was eagerly awaited by the campus community. Following provincial guidelines, the Forge Fitness Centre and the Dennis Fairall Fieldhouse were reorganized into two new unique fitness spaces to accommodate safe and socially distanced fitness and exercise opportunities.

Lancer Recreation is one of the largest employers of students on campus. The return of student employees to the St Denis Centre was refreshing! Student employment opportunities exist in all areas of recreation including fitness, intramurals, wellness, aquatics and facilities. The opportunity for leadership and career skill development is a valuable part of the student experience and we were happy to open our doors to our student leaders. The challenges of COVID did not interfere in the offering of the annual Lancer Lead Conference offered in collaboration with the University of Windsor Leadership Hub. A number of Lancer Recreation employees, Lancer Varsity athletes and H.K. Society students presented at this year's event.

As we look forward to the spring and summer months, Lancer Recreation will continue to offer a variety of unique health and wellness engagement opportunities in a hybrid model. The Lancer Rec Connect virtual platform will continue to engage University of Windsor students across the globe, and soon additional safe and socially distanced opportunities for indoor and outdoor sport, recreation and fitness at the St Denis Centre.

Written by Sandra Ondracka - Lancer Recreation



# Lancers Mourn the Passing of Dennis Fairall & Dr. Bob Boucher

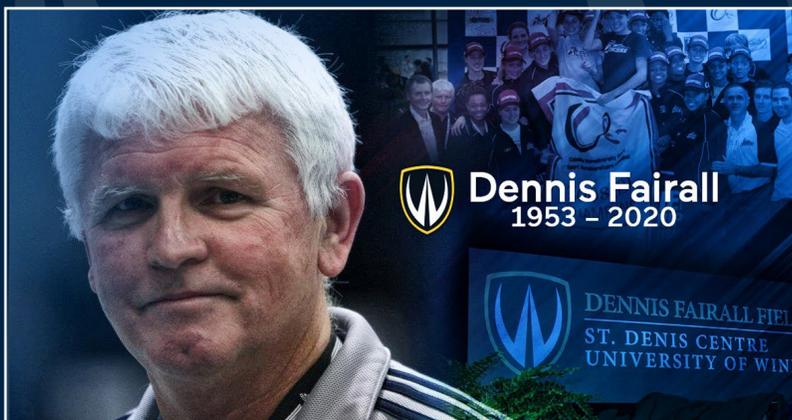
*The University of Windsor Lancers are extremely saddened by the passing of two legendary figures in the Lancer family, track & field/cross country head coach Dennis Fairall, and former dean Dr. Bob Boucher. Dennis on November 6, 2020 after a courageous battle with progressive supranuclear palsy (PSP), and Dr. Boucher just nine days later on November 15, 2020.*

## Dennis Fairall

The "Big Dawg", as he was affectionately known, was part of the Lancer family for thirty years as head coach of the cross country and track & field programs from 1985 until his retirement in 2015. He had a lifetime of great personal athletic achievement and reached great heights as one of the best track and field coaches in Canadian history.

"Dennis Fairall was a special person," said Director of Athletics Mike Havey. "His record of accomplishment put the University of Windsor and the Lancers track and field and cross country programs on the map. He was a humble and effective team builder and collaborator who positively impacted so many student-athletes and community groups. When you met with Dennis you always felt better afterwards. He made you feel good. That was his gift."

Among the hundreds of outstanding achievements in a stellar career, Dennis led the Lancers to 25 Canadian Interuniversity Sport (CIS) championships, 46 Ontario University Athletics (OUA) titles, and had been honoured 65 times as either CIS or OUA coach of the year in track and field and/or cross country. Leading into his retirement, his Lancer teams had won 22 of the past 25 provincial championships in men's track and field, and 17 of the past 25 provincial championships in women's track and field.



## Dr. Bob Boucher

As a former dean, professor, and director of athletics in the Faculty of Human Kinetics, Dr. Boucher had an outstanding career at the University of Windsor that spanned 37 years from 1974 to his retirement in 2011. He provided outstanding leadership for the school's athletic and recreation programs and played a central role in developing several widely respected programs in the faculty.

While athletic director, Dr. Boucher served as the Chef de Mission for the 1997 World University Games in Sicily, Italy and as the Assistant Chef de Mission for the 1995 World University Games in Fukuoka, Japan. In 2005, he was the chairperson of the organizing committee for the Junior Pan-American Track and Field Championships.

In his field, sport management, Dr. Boucher was considered an expert and had extensive academic and applied experience. Most notably, Dr. Boucher served as the President of the North American Society for Sport Management (NASSM) and the Canadian Intramural Recreation Association (CIRA).

In addition to his many awards and recognitions, upon his retirement in 2011, Dr. Boucher was the Richard Peddie Leadership Award which is presented to an individual who has provided outstanding leadership and made significant contributions to the overall success of Lancer Athletics.