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25TH ANNIVERSARY OF THE BLG AWARDS

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Presented by the Canadian Athletic Foundation



The BLG Awards Fact Sheet

Year Established: 1993

The Awards Ceremony: The 25th Annual BLG Awards will be presented on Monday, May 1st at 7:30 pm (MDT) at the Martha Cohen Theatre, Calgary, Alta.

Background:

The BLG Awards Ceremony honours Canadian university athletes and promotes post-graduate studies across the country. Understanding the financial constraints on athletics programs, Borden Ladner Gervais LLP (BLG) in conjunction with U SPORTS (formerly Canadian Interuniversity Sport – CIS), established these awards to assist in focusing attention on the importance of athletics at Canadian universities and to showcase the exceptional student athletes in Canada.

The Canadian Athletic Foundation (CAF):

The CAF is a non-profit board established to administer the BLG Awards and protect the integrity of the selection process. The Board of Trustees consists of 18 members from five Canadian cities representing several major corporations.

Awards Criteria:

Each of the 56 U SPORTS universities nominates one male and one female Athlete of the Year. One male and one female are then selected from each of the four U SPORTS conferences: Canada West Universities Athletic Association (CWUAA), Ontario University Athletics (OUA), Réseau du sport étudiant du Québec (RSEQ), and Atlantic University Sport (AUS).

To be eligible for a BLG Award, nominees must meet the following requirements:

- Must have participated in a U SPORTS-sanctioned sport for a minimum period of two years (including the current year of nomination);
- Must be in a course of study leading to their first undergraduate degree or graduate program;
- Must be the university's Athlete of the Year or runner-up; and
- Cannot be a previous BLG Award winner.

Rewarding the Athletes:

Both BLG Award winners receive a \$10,000 postgraduate scholarship to attend a Canadian university accredited by Universities Canada for a doctorate, master's degree, first professional degree or graduate level certificate and diploma (as classified by Universities Canada) and a unique sculptured fossil-stone trophy. All eight nominees also receive a commemorative ring.

For More Information:

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BLG Backgrounder

Borden Ladner Gervais LLP

As the largest full-service Canadian law firm, Borden Ladner Gervais LLP (BLG) delivers the most comprehensive legal solutions and client services for domestic and international clients – across more practice areas and industry sectors – than any other Canadian firm. With over 725 lawyers, intellectual property agents and other professionals, BLG serves businesses and institutions across all of their legal needs – from M&A and capital markets; to major litigation, financing, and trademark and patent registration.

BLG is the largest of Canada's few AmLaw Global 100 firms, with five full-service offices located in each of Canada's principal business markets, and the nation's capital. As a bilingual English-French firm, BLG excels under both the common and civil law systems in Canada.

BLG has a legacy of "firsts" – from being Canada's oldest law firm, to one of the first in North America to implement client service standards, and receive numerous legal industry recognitions for innovation in client service and value.

BLG takes great pride in the communities it serves, and supports a variety of initiatives including pro bono legal services, fundraising and volunteer programs, such as the BLG Reads to Kids Program.

Clients

BLG provides insight to domestic and international public and private corporations across all business sectors. BLG regularly advises governments, governmental organizations and agencies, as well as trade groups and broader public sector clients such as universities and charitable groups.

International Work

BLG provides business law, dispute resolution and intellectual property solutions to a wide range of clients internationally in virtually every area of law. Special expertise includes mergers and acquisitions, infrastructure and public-private projects, financings, international trade law, commercial litigation and arbitration. BLG has acted in international banking transactions (including sovereign risk lending); international insolvencies, liquidations and restructurings; international joint ventures, reorganizations and acquisitions; commercial contracts; and international and multi-jurisdictional disputes.

Diversity and Community Involvement

Diversity and inclusiveness are critical to the firm's success. The team reflects the diverse and multi-cultural communities in which it operates. The firm's ability to draw on a variety of perspectives enables us to provide more focused, innovative and relevant legal services to clients.

Since 1993, BLG has had the privilege of honouring the top university athletes in the country and promoting post graduate studies at Canadian universities through the BLG Awards.

For further information, visit blg.com

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U SPORTS: The 2016–17 Year in Review

With each passing year, history is rewritten in Canadian university sports and our record books grow thicker. Following is a sport-by-sport look at the inaugural U SPORTS season filled with outstanding performances and remarkable achievements.

A New Mark: A new era for university sports in Canada was launched on October 20, with the unveiling of the U SPORTS brand. Replacing former moniker Canadian Interuniversity Sport (CIS), U SPORTS unites 12,000 student-athletes, 500 coaches, 56 universities, 21 national championships and 12 sports.

Shootout Specialists: The UBC Thunderbirds were the first U SPORTS champions to ever be crowned, doing so in dramatic fashion on November 6. For the second straight year, the Thunderbirds narrowly edged Canada West rival Victoria with a shootout victory – triumphing 3-2 at the University of Toronto. It was the team's sixth straight McCrae Cup and 18th in program history, the most of any school.

X Marks the Spot: A few hours later in Victoria, the StFX X-Women reclaimed the U SPORTS Women's Rugby Championship with a 27-19 win over the Ottawa Gee-Gees. It marked the fifth title for StFX and fourth in seven years, having won the national banner every other season since 2010.

Home Cooking: The following week at the U SPORTS Cross Country Championships in Quebec City, the host Laval Rouge et Or men's team thrilled fans by winning the first national race in school history on home course on the Plains of Abraham. On the women's side, the Guelph Gryphons team extended their mind-boggling streak of consecutive national titles to 12, breaking the U SPORTS all-time record for most consecutive championships in any sport and gender, which had been held by the UBC Thunderbirds women's swim team, who earned 11 straight titles from 1998 to 2008.

Back on Top: The next day on November 13 in Wolfville, N.S., Laval won its second banner of the weekend, recapturing the Gladys Bean Memorial Trophy as women's soccer champions, following a 2-1 win over UBC at Acadia University. The win was redemption for the Rouge et Or, who won a national bronze medal last season, after failing to defend its inaugural title from 2014.

Hungry Bears: Also on November 13 in Guelph, Ont., the Alberta Golden Bears defeated the UQAM Citadins 1-0 in the men's soccer gold medal game. The win claimed the first national championship for the Golden Bears in over a decade, after last winning the Sam Davidson Memorial Trophy on home pitch in 2006.

Rouge et la Medaille D'or: In the first national football championship hosted in-house by U SPORTS, the powerhouse Laval Rouge et Or capped off the first half of the season with a third fall banner, beating the Calgary Dinos 31-26 in a back-and-forth Vanier Cup at Tim Hortons Field in Hamilton, Ont. It was the ninth Vanier Cup for Laval since 1999, but first since the 2013 season. BLG Award nominee Mathieu Betts led a Laval stingy defence, winning the J.P. Metras Trophy as Outstanding Down Lineman.

Domination on the Mat: On the first weekend of the U SPORTS winter #CHAMPSZN, the Brock Badgers continued to rewrite the U SPORTS wrestling record book in Winnipeg. The Badgers medaled in 15 of 19 weight categories overall, sweeping both team banners for the fourth straight year, while extending the women's streak to six consecutive crowns.



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Making a Splash: On the same weekend at the University of Sherbrooke, UBC swept a championship meet of their own, securing both swimming team banners for the second time in three years. The Thunderbirds added to their collection the 37th and 38th swim banners in team history, including the fifth in the last six seasons for the women's squad.

Right on Track: The following weekend at Alberta's Saville Community Sports Centre in Edmonton, the Toronto Varsity Blues women repeated as U SPORTS track and field champions for the third straight year, while the Guelph Gryphons won their first national championship since 2013, and fourth overall. As has been the case for most of the past decade, the OUA conference dominated the national meet, sweeping the team podium in the women's competition and winning both gold and silver in the men's.

Luck Seven: On March 12 at Halifax's Scotiabank Centre, the high-flying Carleton Ravens and returning head coach Dave Smart defeated the Ryerson Rams 78-69 to extend their domination of U SPORTS men's basketball to seven years. The Ravens' 13th W.P. McGee trophy also equaled Victoria's run of seven straight men's hoops titles from 1980 to 1986.

Old Stomping Grounds: Later in the day at Victoria's CARSA Performance Gym, the McGill Martlets finally earned their first Bronze Baby, thanks to a 66-55 win over provincial rival Laval. The women's basketball championship game was the first between two RSEQ schools, and brought the championship trophy back to McGill, whose student council originally donated the Bronze Baby in 1922.

Paint the Town Red: On March 19 in the final weekend of #CHAMPSZN, UNB's Cam Braes scored four goals; Player of the Year, Championship MVP and BLG nominee Philippe Maillet recorded four of his tournament-leading 10 points and the UNB Varsity Reds claimed back-to-back University Cup championships after a 5-3 win over Saskatchewan on home ice at the Aitken University Centre. It was the sixth national championship in 11 seasons for UNB.

Not So Extinct: In the second national final of the day in Napanee, Ont., the Alberta Pandas merited their first Golden Path Trophy as women's hockey champions since 2010, after a 2-1 double-overtime victory over McGill at the Strathcona paper Centre. Goaltender Lindsey Post earned tournament MVP honours after she turned aside 72 of 76 shots, including 40 in the gold medal game.

T-Birds Soar: Later that evening, UBC completed its ascent back to the top of U SPORTS women's volleyball, winning their seventh national gold medal and first in four years, after a 3-1 win over top-seeded Alberta in Toronto at Ryerson's Mattamy Athletic Centre. Championship MVP and BLG nominee Danielle Brisebois stole the show, with a tournament-best 58 kills and 64.0 points to go along with 5.27 kills and 5.8 points per set.

Spartan Army: In the last championship game of the day in Edmonton, Player of the Year and BLG nominee Ryan Slater and the Trinity Western Spartans claimed a second straight Tantramar Trophy. The Spartans broke the hearts of tournament host Alberta with a four-set victory in the U SPORTS Men's Volleyball Championship match.



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For Immediate Release

U SPORTS Athlete of the Year Nominees Announced

General public invited to vote online for third straight year

April 20, 2017

TORONTO (U SPORTS) – U SPORTS and national law firm Borden Ladner Gervais LLP (BLG) announced Thursday the eight finalists for the milestone 25th annual BLG Awards.

Photos & videos of nominees: **BLG Awards Dropbox**

The BLG Awards were established in 1993 to recognize the top female and male athletes from universities affiliated with U SPORTS.

On Monday, May 1, the eight national nominees will be honoured at the Martha Cohen Theatre in Calgary. The female and male winners will receive a \$10,000 post-graduate scholarship, while all finalists will return home with a commemorative gold ring from Jostens.

This year's event will mark the 22nd presentation of the awards gala in Calgary. Over the years, the event has also been held in Toronto (2009, 2013) and Vancouver (2011). The 2017 ceremony will air nationally later in May on Sportsnet.

Although the 2017 recipients will be determined by the Canadian Athletic Foundation, a not-for-profit board which has selected the winners for the past 24 years, the general public is once again invited to vote online for the third straight season. Fans can vote on usports.ca

"We are extremely honoured to be hosting the 25th anniversary of the BLG Awards in Calgary," said Doug Mitchell, National Co-Chair of BLG. "This year's gala will mark a historic milestone in the celebration of the

very best of these outstanding athletes, and we continue to be amazed by their talents and accomplishments. Each year, as we follow the past winners and hear about their accomplishments or what they are involved in, we realize how important their university sports background has been to them. We congratulate the universities who have provided the great education and athletic programs for these students to succeed in their careers."

"Celebrating the 25th anniversary of the BLG Awards is a special way to conclude the U SPORTS season," said Graham Brown, chief executive officer of U SPORTS. "The BLG Awards represent the highest honour for our student-athlete nominees, who are not only exceptional on the field of play, but also leaders in the classroom and in the community. They are tremendous ambassadors for the entire U SPORTS membership."

The 2017 nominees for the Jim Thompson Trophy presented to the female BLG Award recipient are StFX X-Women hockey player **Sarah Bujold**, Laval Rouge et Or soccer player **Arielle Roy-Petitclerc**, Queen's Gaels cross country runner **Claire Sumner** and UBC Thunderbirds volleyball player **Danielle Brisebois**.

On the men's side, the finalists for the Doug Mitchell Trophy are UNB Varsity Reds hockey player **Philippe Maillet**, Laval Rouge et Or football player **Mathieu Betts**, York Lions soccer player **Jonathan Lao** and Trinity Western Spartans volleyball player **Ryan Sclater**.



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Bujold, a human kinetics student from Riverview, N.B., became just the second Player of the Year in U SPORTS women's hockey from both the AUS conference and StFX program. The third-year forward, who was also named a First Team All-Canadian, finished first in nation in points (43), goals (24), game-winners (6), while also ranking second in plus-minus (+29), helping the X-Women to within a triple-overtime goal of the conference title in the longest game in AUS history.

Roy-Petitclerc, a management major and native of St. Nicolas, Que., was named Player of the Year, a First Team All-Canadian and tournament All-Star in U SPORTS women's soccer, leading the Rouge et Or to their second national title in three seasons. The veteran midfielder tallied 10 goals and 18 points in 14 matches, both tops in the RSEQ conference, as Laval went undefeated with an 18-0-1 combined record in regular season, conference playoff and national championship play.

Sumner, a life sciences student from Calgary, earned Female Athlete of the Year and First Team All-Canadian honours in U SPORTS women's cross country, after capturing the individual title at the national meet. The fourth-year runner, who also recently competed at the IAAF world championship, helped Queen's claim the team silver medal, after claiming the individual title two weeks earlier at the OUA Championship.

Brisebois, a psychology major from Caledon, Ont., was voted Championship MVP a First Team All-Canadian and tournament All-Star, as UBC won its first U SPORTS women's volleyball title since 2013. The fifth-year left side, who is the seventh UBC nominee for the Jim Thompson trophy in nine seasons, led the national championship in points (5.8) and kills per (5.27), after ranking sixth and seventh in the country in the each category during the regular season.

Maillet, a business administration student from Terrebonne, Que., was selected as Player of Year, Championship MVP, a First-Team All-Canadian and tournament All-Star, leading UNB to a second straight national banner and third in five years on home ice. The four-year forward was the most prolific scorer in the country during the regular season, with 23 goals and 55 points in 30 games, before adding a tournament-best four goals and 10 points in three contests. Maillet, who signed an amateur tryout with the American Hockey League's Ontario Reign, also had the most assists (32), power play goals (14) and the best plus-minus ranking (+34) during the regular campaign, while ranking first in assists (6) and game-winners (2) at the University Cup in Fredericton.

Betts, a physical education and health student from Montreal, was named the most Outstanding Down Lineman in U SPORTS football after his stellar first season. Becoming just the first winner of both the J.P. Metras and Peter Gorman trophies, the former Rookie of the Year claimed top spot in the RSEQ with nine sacks, good for second place in the nation. He also led the conference in tackles for loss (10.5) pass breakups (5.0) and sack yards (52), providing the Rouge et Or with a stingy defence that ranked second in the country in points allowed (9.8) and total yards (294.0), as Laval won its ninth Vanier Cup.

Lao, an economics major from Unionville, Ont., earned Player of the Year and First Team All-Canadian recognition in U SPORTS men's soccer, after leading York to an undefeated 14-0-2 campaign. The fourth-year midfielder recorded four goals and seven points, helping the Lions the third-best offensive and defensive rankings in the country, the OUA silver medal and an appearance at the U SPORTS Championship.

Sclater, an English student and Port Coquitlam, B.C., native, was named U SPORTS MVP and a First team All-Canadian, before leading Trinity Western to back-to-back men's volleyball national titles. The veteran outside hitter had a career season, setting new school marks in kills (369), kills/set (4.29) and points (427.5), all of which he ranked top five in the country.

2017 Female BLG Award Nominees (Jim Thompson Trophy):

AUS: **Sarah Bujold**, hockey, StFX (Riverview, N.B.)

RSEQ: **Arielle Roy-Petitclerc**, soccer, Laval (St. Nicolas, Que.)

OUA: **Claire Sumner**, cross country, Queen's (Calgary, Alta.)

CWUAA: **Danielle Brisebois**, volleyball, UBC (Caledon, Ont.)

2017 Male BLG Award Nominees (Doug Mitchell Trophy):

AUS: **Philippe Maillet**, hockey, UNB (Terrebonne, Que.)

RSEQ: **Mathieu Betts**, football, Laval (Montreal, Que.)

OUA: **Jonathan Lao**, soccer, York (Unionville, Ont.)

CWUAA: **Ryan Sclater**, volleyball, Trinity Western (Port Coquitlam, B.C.)

About the BLG Awards

The BLG Awards were established in 1993 to recognize the top female and male athletes from universities affiliated with U SPORTS. The Awards are based on athletic accomplishments, outstanding sportsmanship and leadership. Each of the 56 U SPORTS schools nominates one female and one male athlete of the year. From these nominees, one female and one male athlete are chosen within each of the four conferences: Atlantic University Sport (AUS), Réseau du sport étudiant du Québec (RSEQ), Ontario University Athletics (OUA) and Canada West Universities Athletic Association (CWUAA). To be eligible, a student-athlete must have competed in a U SPORTS-sanctioned sport for a minimum of two years and cannot be a previous recipient of a BLG Award.

All nominees receive a commemorative ring and winners are presented with a trophy and a \$10,000 scholarship to attend a Canadian university graduate school. Winners are selected by the Canadian Athletic Foundation (CAF), a not-for-profit board established for the purpose of administering the BLG Awards and protecting the integrity of the selection process. The CAF Board of Trustees consists of 19 members from five Canadian cities representing major corporations from across the country who are committed to ensuring that Canadian university athletes receive the recognition they deserve.

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About Borden Ladner Gervais LLP

Borden Ladner Gervais LLP (BLG) is a leading, national, full-service Canadian law firm focusing on business law, commercial litigation and arbitration, and intellectual property solutions for our clients. BLG is one of the country's largest law firms with more than 725 lawyers, intellectual property agents and other professionals in five cities across Canada. We assist clients with their legal needs, from major litigation to financing to trademark and patent registration. For further information, please visit www.blg.com.

About U SPORTS

U SPORTS is the national brand for University Sports in Canada. Every year, over 12,000 student-athletes and 500 coaches from 56 universities vie for 21 national championships in 12 different sports. U SPORTS also provides higher performance international opportunities for Canadian student-athletes at Winter and Summer Universiades, as well as numerous world university championships. For further information, visit usports.ca or follow us on:

Twitter: @USPORTSca

Facebook: @USPORTSCanada

YouTube: @USPORTSca

Instagram: @USPORTSca

Snapchat: @USPORTSca

Past BLG Award Winners:

2015-16: Kylie Masse – University of Toronto (swimming) / Andrew Buckley – University of Calgary (football)

2014-15: Korissa Williams – Windsor (basketball) / Ross Proudfoot – Guelph (cross country & T&F)

2013-14: Justine Colley – Saint Mary's (basketball) / Philip Scrubb – Carleton (basketball)

2012-13: Shanice Marcelle – UBC (volleyball) / Kyle Quirilan – McMaster (football)

2011-12: Ann-Sophie Bettez – McGill (hockey) / Marc-André Dorion – McGill (hockey)

2010-11: Jessica Clemençon – Windsor (basketball) / Tyson Hinz – Carleton (basketball)

2009-10: Liz Cordonier – UBC (volleyball) / Erik Glavic – Calgary (football)

2008-09: Annamay Pierse – UBC (swimming) / Joel Schmuland – Alberta (volleyball)

2007-08: Laetitia Tchoualack – Montreal (volleyball) / Rob Hennigar – UNB (hockey)

2006-07: Jessica Zelinka – Calgary (track & field) / Josh Howatson – Trinity Western (volleyball)

2005-06: Marylène Laplante – Laval (volleyball) / Osvaldo Jeanty – Carleton (basketball)

2004-05: Adrienne Power – Dalhousie (track & field) / Jesse Lumsden – McMaster (football)

2003-04: Joanna Niemczewska – Calgary (volleyball) / Adam Ens – Saskatchewan (volleyball)

2002-03: Kim St-Pierre – McGill (hockey) / Ryan McKenzie – Windsor (cross country & track & field)

2001-02: Elizabeth Warden – Toronto (swimming) / Brian Johns – UBC (swimming)

2000-01: Leighann Doan – Calgary (basketball) / Kojo Aidoo – McMaster (football)

1999-00: Jenny Cartmell – Alberta (volleyball) / Michael Potts – Western (soccer)

1998-99: Corinne Swirsky – Concordia (hockey) / Alexandre Marchand – Sherbrooke (track & field)

1997-98: Foy Williams – Toronto (track & field) / Titus Channer – McMaster (basketball)

1996-97: Terri-Lee Johannesson – Manitoba (basketball) / Curtis Myden – Calgary (swimming)

1995-96: Justine Ellison – Toronto (basketball) / Don Blair – Calgary (football)

1994-95: Linda Thyer – McGill (track & field) / Bill Kubas – Wilfrid Laurier (football)

1993-94: Sandra Carroll – Winnipeg (basketball) / Tim Tindale – Western (football)

1992-93: Diane Scott – Winnipeg (volleyball) / Andy Cameron – Calgary (volleyball)

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BLG Award Nominees & Winners: All-Time List

See Breakdowns by School & Sport Below

Recipients in bold

2016 – 17 (Winners to be announced on May 1)

AUS: Sarah Bujold, StFX, hockey
AUS: Philippe Maillet, UNB, hockey
RSEQ: Arielle Roy-Petitclerc, Laval, soccer
RSEQ: Mathieu Betts, Laval, football
OUA: Claire Sumner, Queen's, cross country
OUA: Jonathan Lao, York, soccer
CWUAA: Danielle Brisebois, UBC, volleyball
CWUAA: Ryan Slater, Trinity Western, volleyball

2015 – 16

AUS: Paloma Anderson, Acadia, basketball
AUS: Jordan Murray, UNB, hockey
RSEQ: Mélodie Daoust, McGill, hockey
RSEQ: Guillaume Asselin, UQTR, hockey
OUA: Kylie Masse, Toronto, swimming
OUA: Stephen Maar, McMaster, volleyball
CWUAA: Iuliia Pakhomenko, Thompson Rivers, volleyball
CWUAA: Andrew Buckley, Calgary, football

2014 – 15

AUS: Emma Taylor, StFX, rugby
AUS: Justin Maheu, Cape Breton, soccer
RSEQ: Mariam Sylla, McGill, basketball
RSEQ: Cédric McNicoll, McGill, hockey
OUA: Korissa Williams, Windsor, basketball
OUA: Ross Proudfoot, Guelph, cross country / track & field
CWUAA: Jessica King, Trinity Western, soccer
CWUAA: Andrew Buckley, Calgary, football

2013 – 14

AUS: Justine Colley, Saint Mary's, basketball
AUS: Liam Heelis, Acadia, hockey
RSEQ: Katia Clément-Heydra, McGill, hockey
RSEQ: Jordan Heather, Bishop's, football
OUA: Khamica Bingham, York, track & field
OUA: Philip Scrubb, Carleton, basketball
CWUAA: Lisa Barclay, UBC, volleyball
CWUAA: Derek Hulak, Saskatchewan, hockey

2012 – 13

AUS: Justine Colley, Saint Mary's, basketball
AUS: Lucas Bloodoff, Saint Mary's, hockey
RSEQ: Mélodie Daoust, McGill, hockey
RSEQ: David Tremblay, Concordia, wrestling
OUA: Brittany Benn, Guelph, rugby
OUA: Kyle Quinlan, McMaster, football
CWUAA: Shanice Marcelle, UBC, volleyball
CWUAA: Gagan Dosanjh, UBC, soccer

2011 – 12

AUS: Tyson Beukeboom, StFX, rugby
AUS: Andrew Clark, Acadia, hockey
RSEQ: Ann-Sophie Bettez, McGill, hockey
RSEQ: Marc-André Dorion, McGill, hockey
OUA: Jacey Murphy, Guelph, rugby
OUA: Kyle Quinlan, McMaster, football
CWUAA: Robyn Pendleton, UBC, field hockey
CWUAA: Ben Ball, Trinity Western, volleyball

2010 – 11

AUS: Mariève Provost, Moncton, hockey
AUS: Michael Marousek, StFX, soccer
RSEQ: Véronique Laverdière, Montreal, soccer
RSEQ: Alexandre Picard-Hooper, McGill, hockey
OUA: Jessica Clemençon, Windsor, basketball
OUA: Tyson Hinz, Carleton, basketball
CWUAA: Shanice Marcelle, UBC, volleyball
CWUAA: Graham Vigrass, Calgary, volleyball



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2009 – 10

AUS: Kelsey Hodgson, Cape Breton, basketball
AUS: Hunter Tremblay, UNB, hockey
QSSF: Véronique Maranda, Montreal, soccer
QSSF: Francis Verreault-Paul, McGill, hockey
OUA: Liz Knox, Wilfrid Laurier, hockey
OUA: Michael Faulds, Western Ontario, football
CWUAA: Liz Cordonier, UBC, volleyball
CWUAA: Erik Glavic, Calgary, football

2008 – 09

AUS: Ghislaine Landry, StFX, rugby
AUS: Marc Rancourt, Saint Mary's, hockey
QSSF: Charline Labonté, McGill, hockey
QSSF: Étienne Légaré, Laval, football
OUA: Lindsay Carson, Guelph, cross country/track & field
OUA: Francesco Bruno, York, soccer
CWUAA: Annamay Pierse, UBC, swimming
CWUAA: Joel Schmuland, Alberta, volleyball

2007 – 08

AUS: Katherine Quackenbush, Memorial, basketball
AUS: Rob Hennigar, UNB, hockey
QSSF: Laetitia Tchoualack, Montreal, volleyball
QSSF: Jamall Lee, Bishop's, football
OUA: Lindsay DeGroot, McMaster, basketball
OUA: Aaron Doornekamp, Carleton, basketball
CWUAA: Lani Gibbons, Simon Fraser, basketball
CWUAA: Ben Schellenberg, Winnipeg, volleyball

2006 – 07

AUS: Leanne Huck, Dalhousie, soccer /track & field
AUS: Jeff Weiler, Dalhousie, volleyball
QSSF: Audrey Lacroix, Montreal, swimming
QSSF: Patrick Donovan, Concordia, football
OUA: Elish McConville, Queen's, soccer
OUA: Daryl Stephenson, Windsor, football
CWUAA: Jessica Zelinka, Calgary, track & field
CWUAA: Josh Howatson, Trinity Western, volleyball

2005 – 06

AUS: Janice Ashworth, Dalhousie, cross country/track & field
AUS: Daniel Monid, UNB, swimming
QSSF: Marylène Laplante, Laval, volleyball
QSSF: Mathieu Poitras, McGill, hockey
OUA: Kate Allgood, Brock, hockey
OUA: Osvaldo Jeanty, Carleton, basketball
CWUAA: Sarah Crooks, Saskatchewan, basketball
CWUAA: Chris Meehan, Trinity Western, volleyball

2004 – 05

AUS: Adrienne Power, Dalhousie, track & field
AUS: Daniel Monid, UNB, swimming
QSSF: Danielle Day, McGill, soccer
QSSF: Christian Bernier, Montreal, volleyball
OUA: Cindy Eadie, Wilfrid Laurier, hockey
OUA: Jesse Lumsden, McMaster, football
CWUAA: Kelsie Hendry, Saskatchewan, track & field
CWUAA: Nicholas Cundy, Alberta, volleyball

2003 – 04

AUS: Adrienne Power, Dalhousie, track & field
AUS: Chris Stanley, Dalhousie, hockey
QSSF: Martine Dugrenier, Concordia, wrestling
QSSF: Ryan Tomicic, McGill, swimming
OUA: Alison Goodman, Wilfrid Laurier, soccer/hockey
OUA: Mike Smart, Carleton, basketball
CWUAA: Joanna Niemczewska, Calgary, volleyball
CWUAA: Adam Ens, Saskatchewan, volleyball

2002 – 03

AUS: Sarah Drake, UCCB, soccer
AUS: Richard Karikari, StFX, football
QSSF: Kim St-Pierre, McGill, hockey
QSSF: Patrick Banim-Massok, UQAM, track & field
OUA: Tara Hedican, Guelph, wrestling
OUA: Ryan McKenzie, Windsor, cross country/track & field
CWUAA: Jessica Kaczowka, Simon Fraser, basketball
CWUAA: Pascal Cardinal, Alberta, volleyball

2001 – 02

AUS: Carla Geurts, UNB, swimming
AUS: Mesut Mert, Saint Mary's, soccer
QSSF: Sophie Simard, Laval, swimming
QSSF: David Stipe, Bishop's, football
OUA: Elizabeth Warden, Toronto, swimming
OUA: Ben Chapdelaine, McMaster, football
CWUAA: Teresa Kleindienst, Simon Fraser, basketball
CWUAA: Brian Johns, UBC, swimming

2000 – 01

AUAA: Julie Pigozzo, Dalhousie, soccer
AUAA: Jason Sands, St. Thomas, hockey
QSSF: Sophie Simard, Laval, swimming
QSSF: Randy Chevrier, McGill, football
OUA: Jennifer Rawson, Toronto, hockey
OUA: Kojo Aidoo, McMaster, football
GPAC: Brandy West, Regina, hockey
GPAC: Shawn Peters, Regina, track & field
CWUAA: Leighann Doan, Calgary, basketball
CWUAA: Mark Versfeld, UBC, swimming

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1999 – 2000

AUAA: Stefanie Finateri, Dalhousie, soccer

AUAA: Fred Perry, StFX, basketball

QSSF: Sarah Ali-Khan, McGill, cross country/track & field

QSSF: Mathieu Darche, McGill, hockey

OUA: Janet Cook, McMaster, swimming

OUA: Michael Potts, Western Ontario, soccer

GPAC: Erin Soroko, Winnipeg, basketball

GPAC: Mark Gradt, Winnipeg, volleyball

CWUAA: Jenny Cartmell, Alberta, volleyball

CWUAA: Russ Hewson, Alberta, hockey

GPAC: Natalie Reimer Anderson, Winnipeg, volleyball

GPAC: Darrell Hees, Winnipeg, volleyball

CWUAA: Meagan Koch, Calgary, basketball

CWUAA: Don Blair, Calgary, football

1994 – 95

AUAA: Cindy Montgomerie, Acadia, soccer

AUAA: Scott Bagnell, Dalhousie, volleyball

QSSF: Linda Thyer, McGill, cross country/track & field

QSSF: Emerson Thomas, Concordia, basketball

OWIAA: Kelly Dinsmore, Windsor, track & field

OUAA: Bill Kubas, Wilfrid Laurier, football

GPAC: Lorriann Sawatzky, Manitoba, volleyball

GPAC: Scott Koskie, Manitoba, volleyball

CWUAA: Stacy Kozak, Calgary, field hockey

CWUAA: Jamie Pegg, Calgary, hockey

1993 – 94

AUAA: Katherine McNally, UPEI, field hockey

AUAA: Duane Dennis, Acadia, hockey

QSSF: Linda Thyer, McGill, cross country/track & field

QSSF: Michel Cazes, Laval, volleyball

OWIAA: Kelly Dinsmore, Windsor, track & field

OUAA: Tim Tindale, Western Ontario, football

GPAC: Sandra Carroll, Winnipeg, basketball

GPAC: Jeff Foreman, Winnipeg, basketball

CWUAA: Vicki-Susan (Sam) LeRiche, UBC, field hockey

CWUAA: Todd Goodwin, Alberta, hockey

1992 – 93

AUAA: Alanna Taylor, UPEI, soccer

AUAA: Vojtech Kucera, St. Thomas, hockey

QSSF: Andrea Nugent, McGill, swimming

QSSF: Francois Gravel, Laval, swimming

OWIAA: Nancy Sweetnam, Laurentian, swimming

OUAA: Tim Mau, Guelph, basketball

GPAC: Diane Scott, Winnipeg, volleyball

GPAC: Rob Olfert, Winnipeg, volleyball

CWUAA: Rochelle Low, Victoria, field hockey

CWUAA: Andy Cameron, Calgary, volleyball

Glossary

AUS: Atlantic University Sport

RSEQ: Réseau du sport étudiant du Québec

OUA: Ontario University Athletics

CWUAA: Canada West Universities Athletic Association

QSSF: Quebec Student Sports Federation

AUAA: Atlantic Universities Athletic Association

GPAC: Great Plains Athletic Conference

OWIAA: Ontario Women's Interuniversity Athletic Association

OUAA: Ontario Universities Athletic Association

1996 – 97

AUAA: Carolyn Wares, Dalhousie, basketball

AUAA: Peter Benoite, Memorial, basketball

QSSF: Sonia Paquette, Sherbrooke, track & field

QSSF: Pierre Gendron, McGill, hockey

OWIAA: Karen Jackson, York, basketball

OUAA: Titus Channer, McMaster, basketball

GPAC: Terri-Lee Johannesson, Manitoba, basketball

GPAC: Byron Goodwin, Manitoba, track & field

CWUAA: Carla Somerville, Alberta, field hockey

CWUAA: Curtis Myden, Calgary, swimming

1995 – 96

AUAA: Paula Peters, Dalhousie, track & field

AUAA: Curtis Robinson, UPEI, basketball

QSSF: Vicky Tessier, McGill, basketball

QSSF: Trevor Lovig, Bishop's, football

OWIAA: Justine Ellison, Toronto, basketball

OUAA: Aaron Pomeroy, Brock, wrestling

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BLG Awards: Breakdown by School

Number of Nominees Including 2017

(Number of Winners: To be Updated on May 1, 2017)

McGill: 22 (4)	Concordia: 6 (1)	Bishop's: 4	Sherbrooke: 2 (1)
Calgary: 14 (8)	Guelph: 6 (1)	Regina: 4	St. Thomas: 2
UBC: 13 (4)	Montreal: 6 (1)	York: 4	Laurentian: 1
Dalhousie: 11 (1)	Saint Mary's: 6 (1)	Wilfrid Laurier: 4 (1)	Moncton: 1
McMaster: 11 (4)	Toronto: 6 (4)	Cape Breton: 3	Mount Allison: 1
Winnipeg: 10 (2)	Windsor: 6 (3)	Memorial: 3	UQAM: 1
Laval: 8 (1)	Carleton: 5 (3)	UPEI: 3	Queen's: 2
Alberta: 7 (2)	Manitoba: 5 (1)	Simon Fraser: 3	Thompson Rivers: 1
UNB: 7 (1)	Saskatchewan: 5 (1)	Western: 3 (2)	UQTR: 1
StFX: 7	Trinity Western: 5 (1)	Brock: 2	Victoria: 1
Acadia: 6			

TOTAL: 218 nominees including 2017 (48 winners prior to 2017)

Number of schools with at least 1 nominee: 41

Number of schools with at least 1 winner: 22

BLG Awards: Breakdown by Sport

Number of Nominees Including 2017

(Number of Winners: To be Updated on May 1, 2017)

Women

Basketball: 25 (7)
Track & field: 17 (4)
Hockey: 16 (3)
Soccer: 14
Volleyball: 14 (7)
Swimming: 11 (3)
Field hockey: 6
Cross country running: 6 (1)
Rugby: 5
Wrestling: 2

* 5 nominees (including 1 winner) competed in both cross country and track & field

* 1 nominee competed in both soccer and track & field

* 1 nominee competed in both soccer and hockey

Men

Football: 25 (8)
Hockey: 24 (2)
Volleyball: 21 (4)
Basketball: 16 (4)
Swimming: 8 (2)
Track & field: 6 (3)
Soccer: 7 (1)
Cross country running: 2 (2)
Wrestling: 2

* 3 nominees (including 2 winners) competed in both cross country and track & field

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Atlantic University Sport (AUS)

Sarah Bujold

St. Francis Xavier University

Sport: Hockey

Year of eligibility: 3

Academic program: Human Kinetics

Hometown: Riverview, N.B.

Sarah Bujold is the first female hockey player from St. Francis Xavier University to be nominated for the BLG Award. Hard to believe for a perennial powerhouse that has captured half of the AUS conference banners since the sport made its U SPORTS debut back in 1997-98. This year, however, the selection committee would have been hard pressed to look past the performances of the latest X-Women star.

Bujold was simply dominant in her third university campaign. Over 24 regular season games, the 21-year-old forward led the country in points (43), goals (24) and game-winning markers (6), while also finishing second in the nation in +/- rating (+29). The human kinetics student became only the second AUS standout to be named U SPORTS Player of the Year, following in the footsteps of former X-Women great Brayden Ferguson (2008).

In the conference playoffs, StFX suffered a heartbreaking triple-overtime loss to top-seeded Saint Mary's in the decisive game of the AUS championship series but the result still earned the X-Women a return trip to the national tournament, after a one-year hiatus.

Growing up in Riverview, N.B. – a town adjacent to Moncton – Bujold was quickly initiated to sports by her father, a major source of inspiration she looks up to "because he taught me about hard work and never quitting until you achieve what you desire." A fraternal twin, she is the second oldest of seven children – two boys and five girls – all of whom played competitive soccer and hockey.



During her first year at StFX, Sarah was a dual-sport athlete but she turned her attention to the ice after suffering an injury on the soccer field early in the season. One of the main beneficiaries of that decision was X-Women head hockey coach David Synishin.

"From the first time I watched Sarah on the ice during our recruiting process, I knew she had some intangibles other players did not possess. Her willingness to compete every shift far surpassed any other players we were recruiting," Synishin says. "Sarah has had a phenomenal season and has developed immensely as a player and person. She is not only one of our top players, she is also one of our hardest workers. She leads by example in her off-ice training as well as her play on the ice."

"Sport has given me the opportunity to grow as a person on and off the ice," says Bujold. "Without sport, I would not be here at StFX and I would have not met some of the most impactful people in my life – my teammates and coaches. Sport is who I am, and I will be involved in sport for the remainder of my life, in hopes I can give younger athletes the same opportunities that I have been provided."



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Réseau du sport étudiant du Québec (RSEQ)

Arielle Roy-Petitclerc

Laval University
Sport: Soccer
Year of eligibility: 4
Academic program: Management
Hometown: St. Nicolas, Que.



The cornerstone of the Laval women's soccer team, Arielle Roy-Petitclerc won the Chantal Navert Memorial Award, presented to the U SPORTS Player of the Year this season. She became the third Rouge et Or representative to get her hands on this prestigious title, after Francine Brousseau (2007) and Marie-Claude Dion (1996).

The midfielder finished tied for first place in the RSEQ with 18 points, including 10 goals in 14 games. In addition, Roy-Petitclerc was named most valuable player of the game on seven occasions, including the provincial semifinal and final. She continued her good work at the nationals, where she led the Université Laval to its second title in three years, while being named to the U SPORTS Championship All-Star Team. Those performances earned her the Rouge et Or Athlete of the Year award.

A member of the first all-RSEQ team in each of her four campaigns in Laval, she also was a Second Team All-Canadian in her first three seasons. Quebec's rookie of the year in 2013, she greatly contributed to the first Canadian title won by the Rouge et Or the following year in Quebec City.

In the summer of 2015, the St. Nicolas, Que., native was also an important part of the Canadian team at the Universiade in Gwangju, South Korea. A member of the starting lineup, Roy-Petitclerc, helped Canada finish in fourth place, the country's best result at the world university games.

"She's our leader," said Rouge et Or head coach Helder Duarte about her protégé. "Playing midfield, her vision and sense of the game are definitely above average. Arielle is the captain of the team and she assumes her leadership role with great professionalism. She's definitely the heart of our team and has had a great influence on the excellent season we've had."

"I did not expect that, it's an incredible honor to be recognized at this level," said Roy-Petitclerc. "In four years, I have matured a lot, as a player but also as a person. There is a whole world between the person I was in CEGEP and the one I am today. Being team captain has helped me to be a positive leader and to represent the Rouge et Or, both on the field, during practices and matches, and off the field at charity events or in my classes. Soccer led me to spend four more years in school, which I thought was unimaginable five years ago. I now have a bachelor degree – I am proud of that and I owe a great deal to the sport and to the Université Laval."



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Ontario University Athletics (OUA)

Claire Sumner

Queen's University

Sport: Cross Country

Year of eligibility: 4

Academic program: Life sciences

Hometown: Calgary, Alta.

It is often said about elite athletes that talent runs in the family. In Claire Sumner's case, it literally does.

The 22-year-old cross country standout from Queen's University credits her mother, Kate, and her aunt, Alison, for starting the running trend. Both represented Canada at the world cross country championships, with Alison winning a silver medal in 1983 in England.

Her father, Glen, was a football player at Queen's and has since made running a part of his life, including multiple marathons. Younger sister Madeleine, a freshman on Princeton University's cross country / track and field team, competed at the 2015 world youth track and field championships, while older sister Sarah was a four-year swimmer at Harvard before graduating in 2015.

Sumner kicked off her own varsity career at the University of Toronto in 2013 before transferring to Queen's, where she enjoyed instant success and merited All-Canadian status in both 2014 and 2015. Those performances earned her a spot on the Canadian squad for the 2016 FISU world university championships, last spring in Italy.

Despite her impressive resume, however, the life sciences student, by her own admission, "hadn't won a race in a long time." That all changed in the span of a month last fall, when she went a perfect 3-for-3 in her third campaign with the Gaels. After claiming individual gold at the Queen's Open, she repeated the feat at both the OUA conference meet and the U SPORTS national championships, where she also led the Queen's women to second place in the team standings, their best result in 13 years.



Success has stuck with Sumner since the end of the university season. She reached the podium (bronze) at the Canadian senior championships in late November, finished fourth at the NACAC championships in early March in Florida, before placing a respectable 52nd in a field of 104 runners in her IAAF world championships debut in Uganda, on March 26.

"The biggest thing this sport has taught me is that perseverance and consistent hard work will always pay off," says Sumner, a Vancouver native who went on to live in Vermont and Ontario, and now calls Calgary home. "I strongly believe the life lessons I have learned from cross country will be extremely valuable in my future endeavours. Academically, after graduating from life sciences, I hope to pursue a career in medicine."

"The psychological and emotional sources of Sumner's ability to win are not immediately evident upon meeting her," says Queen's head coach Steve Boyd. "At 5-foot-10, with a long, powerful stride, she is an intimidating physical presence in the lead pack. But, she is capable of having simple fun with the sport in a way that is relatively rare in athletes of her caliber. She does not need to win, and can live with less than perfect results; but, when the opportunity to succeed presents itself, she takes it with aplomb!"



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Canada West Universities Athletic Association (CWUAA)

Danielle Brisebois

University of British Columbia

Sport: Volleyball

Year of eligibility: 5

Academic program: Arts (Psychology)

Hometown: Caledon, Ont.



The UBC Thunderbirds are making a habit of competing for U SPORTS Female Athlete of the Year honours. Volleyball standout Danielle Brisebois is the seventh Jim Thompson Trophy finalist from the Vancouver institution over the past nine seasons, including 2009 winner Annamay Pierse (swimming), 2010 recipient Liz Cordonier (volleyball) and former teammate Shanice Marcelle, who was honoured in 2013 following Brisebois' rookie campaign with the program.

Brisebois, who moved all the way from Caledon, Ont., to join the T-Birds five years ago, completed her stellar university career this season the same way it had started, by helping UBC capture a national title. With one major difference: after playing a supporting role in her freshman year, the 6-foot left-side hitter was now the star of the show. Playing in front of friends and family in Toronto, the psychology student was named MVP of the U SPORTS Championship at Ryerson University after she averaged tournament highs in kills (5.27) and points (5.8) per set, including a remarkable 20 kills against only four attack errors in a 3-1 gold-medal triumph over top-seeded Alberta, which a week earlier had defeated the T-Birds in the Canada West conference final.

Brisebois' domination in her final weekend wearing the blue and gold uniform came as no surprise to her teammates and coaches. After all, the 22-year-old was fresh off her first selection as a First Team All-Canadian thanks to her 4.7 points and 3.86 kills per set in the regular season, good for sixth and seventh in the country, respectively.

With her varsity career now in the books, Brisebois could be tempted to follow in the footsteps of her sister Taylor, a former McMaster Marauder who now plays semi-professional volleyball in Denmark. Competing at the next level would be nothing new for the soon-to-be UBC graduate, who represented Canada at the 2015 Summer Universiade and at the 2016 FIVB World Grand Prix series, the latter with the senior national team.

"I am so proud of Dani for the growth she has shown over her five-year career," states UBC head coach Doug Reimer. "She leaves a legacy as one of the most dynamic offensive players in program history. But just as important to recognize is her discipline and dedication to personal improvement, on and off the court. Our entire team is thrilled for Dani because she is such a humble, soft-spoken individual, proving that you don't need a large ego to be a superstar."

"I am honoured and humbled to even be considered among the best athletes in university sport in Canada," says Brisebois. "The last five years have been the best of my life. From being a rookie and learning from amazing seniors, to growing and having the privilege to be called captain, I couldn't be more grateful for the opportunity to play with such amazing women and they are truly the ones who got me here today."



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Atlantic University Sport (AUS)

Philippe Maillet

University of New Brunswick

Sport: Hockey

Year of eligibility: 4

Academic Program: Business Administration

Hometown: Terrebonne, Que.

Philippe Maillet has become one of the most prolific scorers in AUS and U SPORTS hockey during his four years with the UNB Varsity Reds. In 101 regular season Atlantic University Sport (AUS) games, the shifty right-winger scored 60 goals and added 106 assists for an incredible 166 points, an average of 1.64 points per game.

Those numbers might be even more impressive if injury hadn't limited Maillet to just 17 regular season games during the 2015-16 season.

Statistically, Maillet's fourth season was his best. He had 23 goals and 32 assists to lead the nation in scoring, en route to being named the U SPORTS Player of the Year and winner of the Senator Joseph A. Sullivan Trophy. He followed that up with four goals and 10 points at the University Cup, taking home Championship MVP honours as UNB won the national title on home ice – the team's second straight and third in the last five years.

Maillet, who is working on a Bachelor of Business Administration degree, also led the nation in regular season power play goals, with 14 and a plus-minus rating of +34.

The Terrebonne, Que., native is also a two-time AUS MVP, a three time AUS First Team All-Star, and a two-time U SPORTS First Team All-Canadian. Maillet has twice been named the University of New Brunswick's top male athlete (2014-15 and 2016-17). In both 2015 and 2016, Maillet was selected to join a team of U SPORTS All-Stars that took on national junior team hopefuls.



Unable to play due to injury, in 2015, he registered a goal and an assist in the 2016 event in December during the annual two-game series. Prior to joining the Varsity Reds, Maillet spent four seasons with the QMJHL's Victoriaville Tigres, registering 240 points (92 G, 142 A) in 252 regular season games.

Following the conclusion of the University Cup, Maillet signed an amateur tryout agreement with American Hockey League's (AHL) Ontario Reign, the top affiliate of the NHL's Los Angeles Kings.

"Phil has had a breakthrough season for our UNB Hockey program," says Varsity Reds head coach Gardiner MacDougall. "It has been said by a noted guru that 'Consistency at a high level is the mother of excellence and that incremental improvement is the father.' This year Phil personified that to the highest level with our team."

"As an athlete and a student, you aim for excellence," says Maillet. "Being named a BLG Award winner, which recognizes all sports, not just hockey, would mean a lot - it would mean I've achieved a level of excellence. I think it would reflect all of the hard work that I put in, each and every day, trying to make myself and my team better."



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Réseau du sport étudiant du Québec (RSEQ)

Mathieu Betts

Laval University

Sport: Football

Year of eligibility: 2

Academic program: Physical Education and Health

Hometown: Montreal, Que.

The U SPORTS most outstanding down lineman of the year, Mathieu Betts became the first player in history to claim both the Peter Gorman Trophy as U SPORTS Rookie of the Year (2015) and the J.P. Metras Trophy (2016). On the list of Laval standouts to be named most outstanding down lineman, the sophomore from Montreal joins defensive ends Arnaud Gascon-Nadon (2010, 2011) and Étienne Légaré (2008), as well as offensive linemen Dominic Picard (2005) and Carl Gourges (2001).

After setting a national rookie record with 12 quarterback sacks a year ago, Betts picked up where he left off with nine sacks in eight league games this fall, good for the RSEQ conference lead and second place in the country. Despite being double-teamed throughout the season, the 6-foot-3, 250-pound physical education and health student also ranked first in Quebec in tackles for a loss (10.5) and pass breakups (5.0), and was seventh on his team with 21 total tackles. For good measure, he also scored the first touchdown of his young university career on September 10 against Concordia, returning a blocked field goal attempt 84 yards for the score.

Named to the first All-Canadian team for the second straight year, Betts helped the Rouge et Or defense finish among the national leaders in most team categories once again this season, including second in points allowed (9.8 per game) and total yards (294.0), third against the run (91.8) and fourth against the pass (202.3).

With 21 sacks in 16 contests over his first two campaigns, Betts is only 5.5 shy of the Laval career record and 10.5 off the conference mark set over five seasons by Queen's Jim Aru (1994-1998). The most recent campaign was capped off by the Rouge et Or's Vanier Cup victory, a first for Betts.



"The best compliment Mathieu could receive is to see how other teams tried to adjust to him this season," said Rouge et Or head coach Glen Constantin. "We saw all kinds of protections to try to counter him, but in spite of that, he was still a dominant force in our conference. The way Mathieu plays dictates our performance on defence."

"It is a great honour for me," said Betts. "It reflects all the work done in the past year. It was a great season, and I'm proud to be an ambassador for the Rouge et Or varsity program and the football club."

Betts had been courted by several American universities before suiting up as No.9 with Laval. Today, he does not regret his decision to turn his back on the NCAA to pursue a career in the Quebec league.

"With the year I just had, I would not change that for anything in the world. It exceeds the expectations I had before coming here," he said. "The environment at the Université Laval helps a lot, be it my coaches Glen Constantin on the defensive line and coordinator Marc Fortier's system who puts me in good situations, fitness trainers like Raymond Veillette and Guillaume Rioux, everything is in place for us to put out great performances."



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Ontario University Athletics (OUA)

Jonathan Lao

York University

Sport: Soccer

Year of eligibility: 4

Academic Program: Economics

Hometown: Unionville, Ont.



Jonathan Lao kicked off his varsity soccer career with a bang in the fall of 2013 when he was named the U SPORTS Rookie of the Year, OUA West MVP and a First Team All-Canadian, while helping the York Lions claim their first conference banner in six years. To say that success has followed him ever since would be an understatement.

Now a veteran of four campaigns with the Lions, Lao might soon need a bigger trophy case as his award collection has grown to multiple selections as an All-Canadian (4), First Team conference All-Star (4), U SPORTS Championship All-Star (3) and OUA West MVP (2), to go with a trio of OUA titles and a pair of national banners. Last November, the central midfielder from Unionville, Ont., reached the pinnacle of Canadian university men's soccer when he became only the second York standout to merit the Joe Johnson Memorial Trophy as the U SPORTS Player of the Year, following in the footsteps of 2008 recipient and former BLG Award nominee Francesco Bruno.

The economics student's strong play has been key to York's remarkable run of success. In the past four years, the Lions have lost only three times in 64 league games and have gone 19-5 in the playoffs, including an undefeated regular season (14-0-2) last fall followed by an OUA silver medal and a sixth-place finish at the national tournament.

Lao got an early start on the pitch, at 4, and found himself on the provincial team by the time he was 12. He then spent five years with the national team program and represented Canada at the 2009 CONCACAF under-17 championship in Mexico. After graduating high school, he headed for Europe where he spent two years with FC Rot-Weiβ Erfurt of the German Liga 3, before returning home to resume his education. He got to wear the Maple Leaf again in 2015 at the Summer Universiade in South Korea.

"I have played soccer my whole life and being involved in the sport has shaped who I am today," says Lao, whose father is Chinese but was born in India and mother is from French Guyana. "I'm fortunate to have been able to continue to play for the Lions while also getting an education at York. The success we've had as a program is a testament to how hard our coaches and my teammates have worked over the years. It's always nice to be selected for an individual award from a team sport and to be a BLG Award nominee is such an honour."

"Jon is a coach's dream," says York head coach Carmine Isacco. "He is a complete player. He makes good decisions in the offensive third, does the work defensively as well, and he's also the hardest worker. Every coach wants a guy like Jon Lao on their team as a centre point."



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Canada West Universities Athletic Association (CWUAA)

Ryan Sclater

Trinity Western University

Sport: Volleyball

Year of eligibility: 5

Academic program: English

Hometown: Port Coquitlam, B.C.



You could call it a Hollywood script. Or a perfect ending. Those who have witnessed Ryan Sclater's exploits on the volleyball court over the past five years simply call it the fitting conclusion to a special university career.

Born and raised in Port Coquitlam, B.C., just a short drive away from Langley, where Trinity Western University is located, Sclater excelled in many sports growing up. In basketball, he captained his high school, Terry Fox Secondary, to the AAA BC championship in 2012, meriting tournament MVP honours in the process. He played Metro soccer until he was 16, and was a three-time school MVP in that sport. For good measure, he also played one year of high school tennis.

"Choosing volleyball over basketball for my university career was not an easy choice," says Sclater. "But I felt that I would be able to go further with the sport in the long-term and I was excited about the opportunity to play at TWU since they were back-to-back national champions and close to home as well."

After playing in the shadows of more veteran stars in his first two seasons with the Spartans, the 6-foot-6 outside hitter became a full-time starter in the fall of 2014 and success quickly followed in his third and fourth campaigns, including back-to-back Canada West All-Star nods, a first trip to the national final (2015) and the first conference and U SPORTS titles of his career (2016). And then came a senior season for the ages.

The English student was simply dominant in his farewell tour in 2016-17. Individually, he finished fifth in the country in both kills (4.29) and points (5.0) per set, helping him set single-season and career school records in both statistical categories. To no one's surprise, he became the fourth TWU men's volleyball standout to be named U SPORTS Player of the Year. But more importantly, he helped the Spartans repeat as conference and national champions, a fitting end for a humble athlete who has always put team success ahead of his own.

"Sport has taught me that unrelenting hard work, self-sacrifice and teamwork are massively important, but what is most important in life is not winning or losing or even trying your best in sports, but laying down your life to help others," says Sclater, whose wife Amy is also passionate about volleyball and coaches a high-performance team. "If I do win the BLG Award, I will be honoured beyond belief but I will not forget that my identity will not change and my purpose in life remains the same: love God and love others."

"Ryan's amazing year continues to amaze me," states Trinity Western head coach Ben Josephson. "Ryan truly is one of those special athletes and men that you rarely get to coach and play with. He is a champion on the court, in the classroom, in the locker room and every other room he happens to be in."



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