



University
of Regina

Kinesiology &
Health Studies

**13TH ANNUAL
ALUMINI &
AWARDS
RECEPTION**

Faculty of Kinesiology & Health Studies

**March 12, 2026 – 7:00 PM
Darke Hall Society
2255 College Avenue – Regina, Sk.**



Program

6:00pm - Cocktails

7:00pm - Formal Program & Awards

Dr. Harold Riemer

- Introduction

Dr. David Gregory

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

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



2025 Scholarship Winners

Aboriginal Kinesiology and Health Studies Award – Dylan Sies

Children on the Move – Landon Schira

Dayna Brons Memorial Bursary – Brianna Shupe

Dr. Bill Clark Scholarship in Rec and/or Sports Admin – Zunaira Siddiqi

Dr. Don Clark Scholarship – Gracie Christiansen

Dr. Ernie Nicholls Scholarship – Makenzie Chamberlin

Dr. Mary Bluechardt Scholarship – No Applicant

Dr. Ralph Nilson Scholarship in Health Studies – Carter Coghill

Dr. Robert McCulloch Scholarship – Sophia Lipoth

Dr. Sandra Schmirler Scholarship- No Applicant

Don Powell Award – Noelle Lambert

Eli Glieberman Scholarship in HK & TR – Dylan Sies

Farden/Nilson Memorial Scholarship – Autumn Osmak

Ferguson Alumni Scholarship for Human Kinetics, Athletic Therapy, and/or Therapeutic Recreation – No Applicant

Groome Family Fellowship in Health Research – Mikaila Etheredge

Canada Games Grad Fellowship in Sport & Recreation Management – Ekin Büyükakten

Professor Gene Rizak Scholarship – Brooke Lutz

Fyola Lorenzen Award – No Applicant

Jim Burnett Faculty of Kinesiology and Health Studies Award – No Applicant

NASSM Scholarship in Sport & Recreation Management – Ekin Büyükakten

Chancellor's Scholarship – Megan Stark

John & Jack Spencer Middleton Scholarship – No Applicant

Queen City Vending – KHS Entrance Scholarship – Noelle Lambert

Neil Sherlock Scholarship – Carter Coghill

Sask Sport Glenn Tuck Memorial Scholarship – No Applicant

Saskatchewan Physical Education Association (SPEA) Book Prize Book Prize –
Braxton Snell & Donovan Buskey

Saskatchewan Innovation Undergraduate Scholarship - Shalom Agun

UR Circle of Scholars Scholarship – Wyatt Neufeld

UR Circle of Scholars Scholarship (2nd Fund code) – Wyatt Neufeld



2025 Dean's Honour List

Vanshita Agarwal

Ansharah Airaj

Tatiana Ali

Omobola Anjorin

Great Anyanwu

Renzel-Ron Arinaza

Zakhrif Asghar

Samantha Babyak

Emma Bawden

Dayson Bird

Madeline Bray

Dani Brogden

Isabella Carey

Carter Casey

Jasmine Chaina

Makenzie Chamberlin

Ryan Chernoff

Keara Christensen

Gracie Christiansen

Declan Clayards

Carter Coghill

Jaron Desnoyers

Tavneet Kaur Dhaliwal

Caleb Dizy

Anna Doig

Ava Dutka

Chinwendu Judith Ekwelum

Rana Elgendy

Peyton Enns

Chinecherem Ezika

Ceanna Fischer

Michael Graff

Breelyn Guidry

McKenna Harkness

Cameron Herom

Eric Heroux

Nayab Hussain

Eden Ignatescu

Sana Karam

Jasmine Kaur

Simran Kaur

Micaela Keyowski

Saad Khan

Jacob King

Jasmine Klein

Simran Lally

Noelle Lambert

Anna Lapchuk

Sophia Lipoth

Sage McCulloch

Aman Preet Meghawat

Michelle Mora Brito

Olivia Moroz

Agga Myo

Wyatt Neufeld

Tyson O'Day

Hephzibah Chinaecherem Ohaji

Autumn Osmak

Lexi Peace Jade Philippon

Madison Sagert

Raghav Saini

Valerie Claire Samarista

Mackenzie Schmidt

Emilia Schmidt

Shaylee Scraba

Madisen Seida

Astha Gopesh Shah

Diya Dhavalkumar Sharma

Brianna Shupe

Zunaira Siddiqi

Dylan Sies

Braxton Terrance Snell

Megan Stark

Brynn Stewart

Anaka Switzer

Amna Syed

Ally Thompson

Jennifer Tondevoid

Lillian Vande Graaf



Academic Gold Scholarship

Madison Sagert

Academic Silver Scholarship

Zakhraf Asghar

Dayson Bird

Madeline Bray

Carter Casey

Jasmine Chaina

Makenzie Chamberlin

Ryan Chernoff

Keara Christensen

Gracie Christiansen

Carter Coghill

McKenna Desautels

Rana Elgandy

Peyton Enns

Ceanna Fisher

Michael Graff

Faith Hay

Eric Heroux

Saphar K C

Sana Karam

Micaela Keyowski

Saad Khan

Sophia Lipoth

Aman Meghawat

Michelle Mora Britto

Agga Myo

Tyson O'Day

Lexi Peace

Shaylee Scraba

Madisen Seida

Astha Shah

Brianna Shupe

Zunaira Siddiqi

Dylan Sies



2025 Dean's Medal & University Prize in Kinesiology & Health Studies

Dean's Medal:

Chantel Hoag, Bachelor of Health Studies with *Distinction*

University Prize in Kinesiology and Health Studies - *Spring 2025*:

Donovan Buskey, Bachelor of Kinesiology, *with Honours*,
in Human Kinetics

University Prize in Kinesiology and Health Studies - *Fall 2025*:

McKena Harkness, Bachelor of Kinesiology,
with Great Distinction in Human Kinetics



Dean's Award of Academic Excellence

2025 Winners:

Gold: Madison Sagert – 96.22 – BKin

Silver: Wyatt Neufeld – 93.75 – BKin

Bronze: Saad Khan – 92.88 – BKin

Honourable Mention (Met Criteria):

Michael Graff – BKin

Micaela Keywoski – BKin

Sophia Lipoth – BKin

Astha Shah – BKin

Zunaira Siddiqi – BKin

Dylan Sies – BKin



2025 Academic All-Canadian

Renzel-Ron Arinaza – Football

Jade Belmore – Basketball

Scott Fenton – Track & Field

Isabel Fust – Basketball

Julianne Girardin – Hockey

Taylor Hebert – Swimming

Simran Lally – Soccer

Cara Misskey – Basketball

Mason Novik – Track & Field

Lexi Peace – Hockey

Cassidy Peters – Hockey

Ben Phommavong – Track & Field

Shaylee Scraba – Hockey

Madisen Seida – Basketball

Jenna Weldon – Swimming

Eric Dorey – Cross Country

Peyton Enns – Soccer

Sana Karam – Soccer

Ovesh Purahoo – Swimming

Dominic Topos – Track & Field



U of R Entrance Scholarship

Fall 2025

Michael Amaefule

Annabel Barsi-Muntain

Jacob Bauer

Emma Bawden

Dani Brogden

Savana Caligiuri*

Madeline Chicoine

Elyse Cullins

Damon Cunningham*

Jaron Desnoyers

Cooper Driver

Ava Dutka

Jaxon Ermel

Halle Fink-Reed

Jake Flichel

Tarynne Galger

Prysm Gooding

Breelyn Guidry

Lyrrah Hicks

Callum Hodges

Nayab Hussain

Eric Kashton

Lexy Kiel

Trusten Kirwan

Grace Kozan

Noelle Lambert

Anna Lapchuk

Stefan Lotz

Jovie Massier

Devlynn Mcclung

Najma Mohamed

Olivia Moroz

Carl Nasewich

Kix Nelson

Wesley Parkinson*

Reese Peek*

Jade Philippon

Liam Platt

Kingston Potosme-Usher

Bailey Sali

Emilia Schmidt

Marina Smith

Amna Syed

Eisha Thakurdeen

Conor Toffan

Lilian Vande Graaf*

* Out of Province Entrance Scholarship



International Entrance Award

Winter 2025

Grace Ayoola

Sukhdeep Kaur

Jashandeep Kaur

Gurleen Kaur Buttar

Krishha Patel

Summer 2025

Omi Vimalbhai Patel

Fall 2025

No Applicants

International Student of Distinction Scholars

Yiming Mu

Agga Myo



Outstanding Fieldwork Agency



RCMP – Police Fitness Training Unit

The PFT Unit is proud to develop functional law enforcement personnel equipped with the knowledge, skills and abilities to engage effectively in their duties and adopt an operational readiness lifestyle throughout their career.

Our unit is in charge of training Cadets at Regina's RCMP Depot to ensure graduating Cadets are fit for duty, and physically capable of accomplishing general duty police tasks.

We work with Cadets for 45 hours throughout their 26-week training program, helping them reach their best physical level in order to be safe and as effective as possible in the field. This involves teaching Cadets how to lift weights properly and run consistently and providing them with the knowledge they need to continue to work out after Depot.

As facilitators, we ensure our fitness is at a high level so we can train alongside Cadets and lead by example. We train so that we can understand the physical experience Cadets have so we can best provide advice for success.



Distinguished Recent Alumnus



Alynn Skalicky-Handzuik

Alynn convoked from the University of Regina in 2016 with a Bachelor of Sport & Recreation Studies, majoring in Therapeutic Recreation. Shortly after completing her coursework, she received her CTRS (Certified Therapeutic Recreation Specialist) designation from the National Council of Therapeutic Recreation Certification (NCTRC).

Currently, Alynn works at the City of Regina as the Inclusive Recreation Advisor. In this role, she led the development and implementation of the City's first Inclusion Support Service, expanding access to municipal recreation for residents experiencing participation barriers. Prior to joining the City, Alynn has spent 10 years working in long-term care and assisted living settings, primarily supporting older adults through therapeutic recreation.

Alynn remains connected to the Kinesiology Faculty at the University of Regina, occasionally guest-speaking in classes and supervises fieldwork students regularly. She is passionate about staying connected to the therapeutic recreation community and contributing to the field whenever she can.



Distinguished Alumnus

Today, Paula-Jean serves in the Police Fitness Training Unit at RCMP Depot Division, where she trains cadets from across Canada as they prepare to become Officers. This is more than a job; it's a program that directly impacts the readiness and safety of those who go on to serve our communities nationwide. Paula-Jean plays a key role in preparing recruits for the physical and mental demands of policing, helping shape confident, capable officers from day one.

In June 2025, Paula-Jean was awarded the King Charles III Coronation Medal after being nominated by the Royal Canadian Mounted Police. This recognition speaks volumes about the respect she has earned and the impact she continues to have within the organization.



Paula-Jean (PJ) Martin

One of Paula-Jean's most impressive contributions is the creation of the 'Mountie Maker Obstacle Race' held annually on the RCMP Depot grounds. The 7.5 km race includes 26 obstacles — intentionally designed to reflect the 26-week Cadet Training Program. It's a challenging, high-energy event that builds camaraderie and resilience, while raising funds for the Fallen Peace Officer Fund. It has quickly become a meaningful tradition that honours service and supports families of fallen officers.

Paula-Jean's professional credentials which include CSCS, TSAC-F, RSCC, and CSEP-CPT, demonstrate her commitment to lifelong learning. Beyond the certifications and accolades, what truly sets her apart is that she pushes people to be stronger than what they think they are capable of being, sometimes literally dragging them through mud to prove it! In doing so, she builds confidence that lasts well beyond the training field.

Class of Spring 2025

Bachelor of Kinesiology Honours

Donovan Buskey***
Emily Pho***

Bachelor of Kinesiology

Kelley Berting**
Hunter Bohay**
Brooklynn Brandow**
Jaxon Diamond**
Jenna Fiorante**
Georgia Hertz**
Emily Kwak**
Jaden Lenius**
Zachary Popowich**
Ovesh Purahoo**
Karly Ries**
Braxton Terrance Snell**
Lucas Wagner**
Brendan Weeks**
Jade Belmore*
Aiden Doig*
Shane Donison*
Brady Fiorante*
Taylor Hebert*
Andrew Hillsden*
Sage McCulloch*
Haley Schrader*
Alexander Varsanyi*
Bailey Williams*
Tesbiha Ahmad
Hailey Aquin
Kirah Brown
Caleb Burlock
Bryce Cockwill
Hailey Ellis
Farhaan Fawad
Scott Fenton
Cody Geber
Don Irakoze
Garth Knittig
Kaltrina Kozmaqi
Tyson Luby
Matthew Marcial
Hannah Metheral
Joel Niemegeers
Rose Nord
Garrett Norman
Mason Novik
Khushi Ileshbhai Patel
Helly Mahendrabhai Patel
Riya Patel
Benjamin Phommavong

Alyssa Regie
Kaitlyn Richter
Chloe Sieben
Amy Svenson
Anrui Wang
Jassia Wedewer
Ayden Whittmire

Bachelor of Health Studies

Robert John Mercado**
Sara Zahid**
Shalom Agun*
Nadine Mae Domingo
Chinwendu Judith Ekwelum
Harpreet Kaur
Hana Omar
Falguni Jitendra Raj

Bachelor of Sport and Recreation Studies

Avery Lightfoot**
Cassandra Beckett*
Alison Fulton*
Cody Kunstleben*
Sarah McCracken*
Kimberly Nicholls*
Amelie Sarauer*
Mitchel Cook
Noah Flaman
Joshua Kidd
Jace Magiera
Cara Misskey
Natasha Senger
Joshua White

Diploma in Health Studies

Eshitta
Flourish Boluwatife Teminijesu Adekoya
Angel Chimere-Obika
Mohammed Zaid Mahammedsajid Choksi
Paudia Cortez
Lulia Fessahaie
Khushi Arvind Juneja
Arsh Kaur
Harmanjeet Kaur
Yashpreet Kaushal
Aparna Nayyer
Ikechukwu Nnadi

Roseline Bosede Ogunrinde
Gbemisola Deborah Olumuyide
Charles Omonkhegbe
Chinagorom Ottah
Bansari Snehalbhai Patel
Mansiben Rameshbhai Patel
Tithiben Mauleshbhai Patel
Japneet Kaur Sahni
Riya Sandhu
Guryog Singh
Loveleene Kaur Sundlass
Andra Todd
Shuyue Wu

Certificate in Health Studies

Sunday Rotimi Akande
Jessica Chiamaka Anagor
Timileyin Atika
Joshua Auger
Jasleen Brar
Adaugo Linda Chukwuma
Emiola Deborah Ekunleye
Joy Ejodamen Etormi
Chiara Beltejar Gangani
Izuchukwu Ilodigwe
Amandeep Kaur
Gaganjeet Kaur
Gurwinder Kaur
Manpreet Kaur
Gurleen Kaur Kaura
Chinedu Nwokoro
Kaosisochukwu Ogbatuo
Blessing Iyore Ogiemade
Ifeoma Florence Ohaji
Chioma Esther Okonkwo
Amarachi Patience Okorukwu
Jesulobami Inioluwa Olatoye
Funsho Hector Oludipe
Mariam Temilola Oshifade
Dhrumil Kamleshbhai Patel
Nishu Saini
Harsh Sharma
Sukhpinder Singh
Abisola Tijani
Joy Umukoro

* with Distinction
** with Great Distinction
*** High Honours in First Major

Class of Fall 2025

Bachelor of Health Studies

McKenna Harkness**
Sara Liesch**
Chantel Hoag*
Gladys Okwuchukwu Ofili
Kiara Anne Zepick

Bachelor of Kinesiology

Zara Dawn Dickson
Raya Erickson
Jazlyn Gill
Alexandra Harder*
Alexa Keffer*
Seungyoon Lee*
Jeshier Lucero*
Ty Milne
Abbey Newton*
Brooke Otten
Ethan Owen
Yashvi Patel
Nakul Purohit
Ashaun Pusey
Vishwa Sakpal
Anmoalpreet Singh
Miranda Zummack

Bachelor of Sport and Recreation Studies

Omobola Anjorin*
Jun Yang Gan*
Jillian Pittman*
Raya Erickson
Hannah Kuznitsoff
Lindsey Paige Ford
Brayden Wagg

Indigenous Birth Support Worker Certificate

May Cadotte
Jayden Checkeness
Jessica Gardippi
Nikota Glaude-Fiddler
Tracie Kine
Laurie Waditaka

Diploma in Health Studies

Adeola Adedayo
Jasmeen Dhillon
Peace Falana
Jatinder Gill
Harkirat Kaur
Navneet Kaur
Navroj Kaur
Sarbjeeet Kaur
Mark Magtoto
Tawwab Mohammed
Misha Nagarani
Amenze Osemwengie
Parth Patel
Rehman Shakir
Palak Sharma
Ashish Suhag

Certificate in Health Studies

Oluwafunke Adedeji
Lovrose Brar
Dhruv Chaudhary
Anita Cherotich
Precious Chinedum
Modupe Durotoye
Abiola Famuyiwa
Osayomwanbor Idahosa
Ishu
Beant Kaur
Mehakdeep Kaur
Navjot Kaur
Sukihmanpreet Kaur
Ashima Mehta
Oluwaferanmi Odueyingbo
Damilola Ogunbayo
Olaronke Oladele
Confidence Orizu
Olorunfemi Peters
Kofi Prempeh
Gurmilan Singh
Jashanpreet Singh
Christopher Thomas

* with Distinction

** with Great Distinction

Graduating Class of Spring 2026

Bachelor of Kinesiology

Yonat Biberman
Tavneet Kaur Dhaliwal
Prabhjot Gagrha
Kieran Gelowitz
Cody Lehner
Happy Ashvinkumar Patel
Brianna Westerman

Bachelor of Sport and Recreation Studies

Donilee Doidge
Viola Joseph
Madison Polachek
Luke Robertson

Diploma in Health Studies

Oyindasola Ibitola Abiodun
Ayomikun Adeife Akintode
Ifeanyi Oscar Amaizu
Judith Chukwurah
Kingsley Obafemi Ehidiامن
Bright Falana
Tolulope Ifijeh
Jasmine Kaur
Jasveer Kaur
Jeevan Kaur
Harwinder Kaur
Pawanveer Kaur
Jaspinder Kaur
Harmanpreet Kaur
Gurkaran Mangat
Anthony ChukwuNgene
Anthony ChukwuNgene
Precious Osemwengie
Jayom Prakashbhai Patel
Heali Jitendra Patel
Kinjal Bhaveshbhai Patel
Diya Patel
Gresy Sevantikumar Patel
Vrushank Dharmendrasinh Peshrana
Nikta Rani
Vishwa Pankajkumar Shukla
Prakruti Chinmay Kumar Trivedi
Jedidah Avo Yusuf
Barakah Yusuf

Bachelor of Health Studies

Dhruvi Darpan Bhatt
Chiamaka Stephanie Ekeh
Curtis Graves
Kayla Hlatky
Chinenye Ibeabuchi
Ethan Jaster
Jayda Lees
Kriya Navneetbhai Patel
Justin Reiger
Caitlyn Robertson

Certificate in Health Studies

Krystelle Marie Bartolo
Hikmah Adebolu Busari
Rainal Jemcil Dsouza
Nosakhare Ehigiator
Kizito Kosisonna Ezeibe
Praise Idinmachukwu Ezenwa
Chinecherem Ezika
Rose Frimpong
Mmasichukwu Miracle Gab-Dike
Solochi Divine Favour Gab-Dike
Marvin Goodluck
Selena Huynh
Harmanpreet Kaur
Prabhjeet Kaur
Mavis Kwabi
Abdulqadir Mochi
Favour Nwaneri
Rofiat Odumosu
Oyindamola Flourish Ogunrinde
Ngozi Odinakachi Okechukwu
Chinaza Okoli
Chibuzor Onwumere
Boonyameen Oladele Oseni
Clara Alexandra Osolease
Krita Karmeshbhai Patel
Florence Quainoo
Juvraj Singh
Harpreet Singh
Harpreet Singh
Sylvina Twenewaa
George Yevu



University of Regina

Kinesiology & Health Studies

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