



## RUSSELL SLOBODIAN (ATHLETE) AWARD

Queen City Minor Box Lacrosse is pleased to nominate **Keegan Durovick** for the Russell Slobodian (Athlete) Award. Keegan Durovick is a graduating player who played for the Regina Riot Junior Lacrosse team this season.

Keegan is enrolled at Bishop's University in Lennoxville Quebec where he is a goalie with the Bishop's Gaiters Men's Field Lacrosse Team.

In his 3<sup>rd</sup> year Keegan was the starting goaltender for the Gaiters this past season. Keegan ranked 2<sup>nd</sup> in the nation amongst goal tenders for the most minutes played and had the 6<sup>th</sup> best goals against average for starting goalies. Keegan was named the Most Valuable Player for his team for the 2009-2010 season. The Bishop's University Men's Field lacrosse Team are currently in first place and are making a push to win the CUFLA championship.

Keegan has played both box and field lacrosse for the last 11 years. In addition to being a very skilled runner in box lacrosse and a goal tender in field lacrosse, he is very much a team player. His commitment to team and leadership abilities have been rewarded over his career as follows:

- 2004-Named Assistant captain of the box lacrosse team under Mark Bonner
- 2004-Named Captain of the Notre Dame Hounds Field Lacrosse Team under Terry O'Malley
- 2004-Named Captain of Regina Intermediate Mens Field Lacrosse Team under Mick Panko-won Bronze Medal at Provincials
- 2005-Named Captain of the Notre Dame Hounds Field Lacrosse Team under Jordan West-Pratt-Won Most Valuable player and Offensive Player of the Year
- 2005-Named Assistant Captain of the box lacrosse team under Mark Bonner-won silver medal at provincials
- 2005-Named Co-Captain of Sask Intermediate Mens Field Lacrosse Team under Mick Panko and Mark Bonner
- 2006-Named Captain of the Notre Dame Hounds Field Lacrosse Team under Bob Baumuller
- 2006-Named Captain of Box lacrosse team under Al Wills-City finalists
- 2007-Named Captain of the South Sask under 19 Field Lacrosse Team under Al Wills & Don Larsen
- 2007 to Present –Named Captain of the Regina Junior Riot Team under Al Wills, Don Larsen and Ray Maher
- 2007 and 2008-Named a Member of the Bishops University Field Lacrosse Team
- 2010-Named Captain of the Bishops University Lacrosse Team-Coach Damian Roy

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Queen City Minor Box Lacrosse  
P.O. Box 27052, 420 Albert Street  
Regina, Saskatchewan, Canada  
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Keegan attended Grades 9-12 at Athol Murray College of Notre Dame graduating in June 2007. He currently attends Bishop's University-Lennoxville Quebec with a Double Major in Sports Studies and History.

While at Notre Dame Keegan was named to the Presidents List and in June 2007 was the Presidents Cup Winner. The following is an explanation of these two prestigious awards:

*Every year Athol Murray College of Notre Dame selects a group of outstanding young people who are named to the Presidents Cup List. This award is presented to Hounds who have made an outstanding contribution academically, athletically, spiritually and socially to the Athol Murray College of Notre Dame. Some of the criteria is but is not limited to the following:*

*Spiritual*

- *Christian Ethics Class Participation*
- *Participates in Works of Mercy*
- *Participation in Liturgies*
- *Participates in Hounds for Humanity*
- *General Christian Modeling*

*Social*

- *Positive and respectful relationships with staff and fellow students*

*Athletic*

- *Must participate in at least one sport at Notre Dame*

*Academic*

- *Must be on the honor roll*
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***The Presidents Cup winner is the one student who represents what the true Notre Dame Hound stands for. He has to have distinguished himself from the rest of the candidates based on the criteria above.***

Keegan's volunteer activities include:

- head coach of the intra-lacrosse team at Notre Dame College in each of his grade 10, 11 and 12 years. Staff advisor was Rhonda Ryan.
- Coached the intra-lacrosse teams at St. Andrew and St. Mary Elementary schools when he came home from university. Staff advisors were Petra Riffel and Kylene Durovick
- In 2008 he coached Regina High School Field Lacrosse and he dedicated his coaching efforts to mentoring one of the rookie field goaltenders.
- Did a lacrosse workshop for kids at Carry the Kettle First Nation in May of 2009.
- 2009 to present-helped coach the Notre Dame Field Lacrosse Team. Staff advisor Jim Gilchrist
- 2007 to present-lacrosse team representative on the student athlete discipline committee

QCMBL are honored to nominate **Keegan Durovick** for this prestigious award.

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