



WESTERN MUSTANGS | WEST DIVISION FINAL



VS.



#RunWithUs

WESTERN vs. GUELPH | NOV. 13, 2021 | 1:00pm



#29 - Antonio Valvano - H; #4 Trey Humes - RB; #27 - Zach Lindley - LB



UNDER ARMOUR

THE ONLY WAY IS THROUGH.



RUSH

THE ONLY WAY IS THROUGH

RUSH

THE ONLY WAY IS THROUGH

RUSH

I KNOW THERE'S ALWAYS
SOMEONE OUT THERE
THAT'S TRYING TO BE
BETTER THAN ME.
-CHASE YOUNG

CHASE YOUNG
PRO DEFENSIVE END



WESTERN MUSTANGS

WEST DIVISION FINAL

PROGRAM CONTENTS:

HEAD COACH INFOGRAPHIC.....	2
WELCOME.....	3
PLAYER PROFILE: ZACH LINDLEY.....	4
GAME MATCH-UP.....	9
TEAM ROSTERS.....	10
MUSTANG LEGEND: JOE KROL.....	12
Q&A WITH TREY HUMES.....	14
DONATION THANK YOU.....	16
MUSTANGS SPIRIT	20
Q&A WITH ANTONIO VALVANO.....	26



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HEAD COACH GREG MARSHALL

Greg Marshall, one of the top minds in Canadian university football, has had tremendous success as the Head Coach of the Mustangs. Marshall has taken his teams to the Yates cup 11 times and won six (2007, 2008, 2010, 2013, 2017, 2018). In total, Marshall has claimed 20 Yates Cup titles during his CIS playing and coaching career.

On the national stage, Marshall won two Vanier Cups as an assistant coach with the Mustangs in 1989 and 1994. As the Head Coach, Marshall won his first Vanier Cup in 2017 with a 39-17 victory over Laval. Entering the 2021 season, Marshall has compiled a 114-27 regular season and playoff record at the helm of the Mustangs. Marshall's .809 winning percentage at Western is the highest in Mustangs program history.

Marshall began his career at Western in 1978 as a fullback under Darwin Semotiuk, leading the Mustangs to three consecutive Yates Cup championships and capturing the Hec Crighton Trophy as Canadian university football's Most Outstanding Player in 1980. To this day, Marshall is still one of only two people to win the Hec Crighton and CIS Coach of the Year award, the other being Rick Zmich. Following his time in a Mustangs uniform, Marshall was drafted by the CFL's Edmonton Eskimos, where he won a Grey Cup in 1982. He returned to Western in 1984 as an assistant coach under Haylor and was promoted to offensive coordinator in 1992-96. During this time, the Mustangs won two Yates Cups and the 1994 Vanier Cup with Marshall directing the offence. Moving on to McMaster the following season, Marshall led the Marauders for seven seasons and won four straight Yates Cup titles from 2000 to 2003 before taking over the Hamilton Tiger-Cats in 2004.

As Head Coach of the Hamilton Tiger-Cats, Marshall made an immediate impact, helping them improve from a one-win season in 2003 to a 9-8-1 record and marking the team's first playoff appearance in three seasons. The CFL recognized Marshall, naming him CFL Coach of the Year for his rookie season, making him the first rookie head coach to win the annual award since Edmonton's Ray Jauch in 1970.

Greg Marshall has been recognized for his coaching excellence several times at the provincial and national levels. He was named OUA Coach of the Year seven times (1999, 2000, 2010, 2013, 2015, 2018, 2019) and U SPORTS coach of the year twice (2000, 2018). For more information on Greg Marshall, visit westernmustangs.ca.





THE LIFE AND TIMES OF

GREG MARSHALL

HEAD COACH • 14 SEASONS • 15 YEARS

10

TIME COACH OF THE YEAR

- *5 OUA WITH WESTERN
- *2 OUA WITH MCMASTER
- *1 U-SPORTS WITH WESTERN
- *1 U-SPORTS WITH MCMASTER
- *1 CFL

1980 HEC CRIGHTON AWARD WINNER

*WITH WESTERN

1982 GREY CUP CHAMPION

*WITH EDMONTON ESKIMOS



1978-1981

RUNNING BACK FOR WESTERN MUSTANGS (OUA)



1982-1984

RUNNING BACK FOR EDMONTON ESKIMOS (CFL)



3

TIME VANIER CUP CHAMPION

- *2 AS ASSISTANT COACH WITH WESTERN
- *1 AS HEAD COACH WITH WESTERN

MARSHALL'S COACHING CAREER



1984-91: ASSISTANT COACH FOR THE WESTERN MUSTANGS (OUA)



1992-96: OFFENSIVE COORDINATOR FOR THE WESTERN MUSTANGS (OUA)



1997-03: HEAD COACH FOR THE MCMASTER MARAUDERS (OUA)



2004-06: HEAD COACH FOR THE HAMILTON TIGER-CATS (CFL)



2007-PRESENT: HEAD COACH, WESTERN MUSTANGS (OUA)

20

TIME YATES CUP CHAMPION

- *16 WITH WESTERN (13-Coach, 3-Player)
- *4 WITH MCMASTER (4-Coach)





Christine Stapleton

Director, Sport and Recreation,
Student Experience
Western University

Welcome fans!

This has been an amazing season so far, and we are now well into the playoffs! Whether you are a student supporting a friend, a parent supporting your child, a sponsor supporting a common vision of excellence, or a community member enjoying a fabulous football game, I want to extend a sincere thank you for supporting Mustangs Football. Our indoor seasons for Basketball and Hockey also start this weekend, and we hope you will come out to support and cheer on some of our other Mustangs teams.

I am honoured to be returning as Western's Director of Sport and Recreation for my fifth season and have been thrilled to welcome fans back into the stands who are united by our passion for the Mustangs.

We are so proud of how our student athletes have challenged themselves over the past 18 months, and how much time they have devoted to being the best versions of themselves on the field and in the classroom. I am also incredibly proud of our coaches, who have pivoted many times over this past year, in order to continue to mentor these athletes and help them with their journey.

On behalf of the coaches, staff and student athletes, I thank you for supporting the Mustangs again this year. We are incredibly excited to be back playing in our newly upgraded Western Alumni Stadium. We hope you enjoy the game and the rest of the season.

Purple and Proud,

Christine Stapleton

Mustangs Football fans,

We are so excited to be back playing in the playoffs this year. We are also incredibly grateful for your continued support.

We are appreciating this season in a way we haven't before, after an unexpected year off for OUA and U SPORTS football competition. We have some excellent returning players from our 2019 season, and we also have added many new Mustangs to our roster, continuing our tradition of having one of the top recruiting classes in the nation.

We know that Mustangs football is a tradition that brings a lot of pride to our Western - and London - community, and we look forward to building upon it this year. The house of purple is thrilled to be welcoming back our incredible fans - our alumni, parents, friends, community members.

The competition in the OUA is strong this year, even if it is structured a bit differently, and we are excited about the playoff games ahead. It's been a great year, and we are very thankful to all the fans who have come out to support us so far.

Go Mustangs!

Greg Marshall



Greg Marshall

Head Coach
Western Mustangs Football



#27 Zach Lindley



Zach Lindley's introduction to Football came very early. From a young age he watched CFL & NFL games on Sundays. After his father, who also used to play, got him into the sport in grade 7, things began to really take off in high school. Lindley split time between Football and Hockey, until it was time to make a decision in grade 12. "I was like 'ok if I'm going to go somewhere with it I might as well try now, see where I can go with it. But I never saw myself being in the position I am today, being at Western, playing football here. So, like I said, it was probably grade 12 when I realized this is kind of a big deal. I started getting serious with it. kind of later than other people, I would say."

Despite not being recruited by Western straight out of high school, the 4th year student is now an integral part of the Mustangs Football program. The differing journeys of all his teammates is what he

finds to be interesting about the sport. "Everyone comes to be part of one team and I think Western does a great job at that - because there's so many guys from different places and different levels that can come to play, and I think that's what makes our team special"

With all the memories that he's made, Lindley's favourite thus far is his first Blackout game against Queen's. "I thought that when the stands were packed, that was pretty cool." Before the start of this season, Lindley was looking forward to being able to take on a leadership role and take younger guys under his wing. With that, he would advise any first year to simply "Keep going!" because the hard work will pay off. "You just have to be patient with it."

Over the last year, Lindley spent much of his time at home working out 5 days

PLAYER PROFILE: ZACH LINDLEY



a week, incorporating runs, when possible, to prepare for this season. When the team was permitted to return to campus, he began lifting 4 days a week and running more frequently “I’ve been trying to stay with the team, stay in shape and stay healthy.” When it comes game time, he flips a switch and gets focused. What he enjoys most about Football is the contact, as it allows him to harness his aggressiveness.

At the end of games, Lindley can always count on the love and support of his parents. “My dad has given me all sorts of guidance throughout my football career, just cause he’s been there. He’s been at Western, he knows kind of how things flow here. But probably most important is my mom. My mom has been my rock ever since I got here. She’s been able to support me, I can’t say enough good things about my

mom. My mom has definitely been a big support since I’ve been here.”

Off the field, a perfect day for him, would involve relaxation under the sun. “I’d probably go on the beach in Jamaica, sit down with a Strawberry Daiquiri and just relax.”

Being a Mustang comes with a platform and a responsibility that Lindley takes very seriously. “Having a couple of family members that are trying to get to this level for varsity sports, I like to think that they kind of look up to me in a sense. I think it’s very important that I show a good image of myself; that I’m able to put the work in to show what it takes for them to get here.” He hopes to continue leading by example both on, and off the field.

#27 - Zach Lindley - LB

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Tiffany Johnston
Striker, 2019 Western Mustangs Soccer

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WESTERN MUSTANGS



MATCH UP

GUELPH GRYPHONS VS.
WESTERN MUSTANGS



24.4	POINTS SCORED / GAME	45.3
14.9	POINTS ALLOWED / GAME	13.3
328.7	OFFENSIVE YARDS / GAME	506.1
343.1	YARDS ALLOWED / GAME	299
28	TOTAL SACKS	20
.783 (18-23)	FG %	.810 (17-21)
10.7	PR YARDS AVERAGE	10.5

London, ON – The OUA West Final between Western & Guelph has so many different storylines.

The Gryphons topped the Mustangs in their week 2 meeting in Guelph this year, a 23-21 win that was heavily celebrated at Guelph's Alumni Stadium on Sept 25th. It's clear that the Mustangs used that game as motivation to improve - as they went on to dominate their remaining opponents by a total score of 204-33.

Both teams have done a great job of limiting points this season as Western ranks 2nd in the OUA for points allowed per game at 13.3 while the Gryphons are right behind them at 3rd with 14.9 points allowed.

Western holds a 8-1 record over Guelph at Western Alumni Stadium (formerly TD Stadium) since 2005.

It will be interesting to see if the Gryphons can limit the Western run gain again in the post season as they have allowed an average of 145 yards per game while Western has topped the OUA with 254.4 yards on the road per game this year, with the dual threat of Keon Edwards & Trey Humes.

One similarity between the two teams is the young contribution at Quarterback (QB). Guelph has been led by Shawn Lal this season while the Mustangs have seen Evan Hillock take the leading role on the team and continually impress. Hillock has the slight lead in completion percentage at 65.8% compared to Lal at 63.0%.

Will we have another tight scoring battle or a more wide-open score? Either way we are in for a great game and the winner will book their spot in the Yates Cup Final next Saturday, November 20 with a chance to be named OUA Champion.



WESTERN MUSTANGS

ROSTER

MUSTANGS 2021 LINEUP

NO.	NAME	POS	YR	HOMETOWN
1	Evan Hillock	QB	1	Hamilton, ON
2	Aron Massaquoi	DB	1	Windsor, ON
4	Trey Humes	RB	5	Ajax, ON
5	Keon Edwards	RB	2	Toronto, ON
7	Deionte Knight	DL	4	Ajax, ON
8	Griffin Campbell	WR	4	London, ON
9	Edouard Wanadi	RB	1	Montreal, QC
10	Nicolas Theriault	DL	5	Quebec, QC
11	Justin Nickson	WR	4	London, ON
13	Savaughn Magnaye-Jones	WR	3	Hamilton, ON
14	Brett Ellerman	WR	5	Calgary, AB
16	Brendan Murphy	DB	3	Montreal, QC
17	Ben Schmidt	QB	3	London, ON
18	Jackson White	QB	3	Cambridge, ON
21	Kojo Odoom	DB	2	Surrey, BC
22	Tommy Ngongo	LB	4	Windsor, ON
23	Daniel Valente Jr.	DB	4	London, ON
24	Robert Panabaker	DB	3	London, ON
25	Richard Aduboffour	DB	1	Toronto, ON
26	Troy Thompson	RB	1	Chateauguay, QC
27	Zach Lindley	DB	3	Chatham, ON
28	Rory Kelly	DB	5	Moncton, NB
29	Antonio Valvano	H	5	St. Catharines, ON
30	Jackson Findlay	DB	1	Vancouver, BC
32	Jordan Murphy	DB	1	Montreal, QC
33	Riley MacLeod	LB	1	Hamilton, ON
34	Max Nixon	DB	2	London, ON
36	Simon King	LB	1	Calgary, AB
37	Lourenz Bowers-Kane	LB	1	Dartmouth, NS
38	Brendan Bisson	DB	1	Blainville, QC
40	Spencer Smyth	LB	3	Dundas, ON
42	Anthony Adams	DL	1	Pickering, ON
44	Siwon Lee	H	1	London, ON
46	Zach Zynomirski	LS	4	London, ON
48	Bryan Boudreault	LB	1	Alma, QC
52	Keegan O'Neil	OL	1	Belle River, ON
55	Max von Muehldorfer	DL	1	Calgary, AB
58	Phil Grohovac	OL	2	Victoria, BC
59	Sean Foulkes	OL	2	Vancouver, BC
61	Erik Andersen	OL	1	London, ON
62	Elliot Beamer	OL	3	Bowen Island, BC
65	Spencer Hood	OL	5	Ilderton, ON
66	Tyler Maddox	OL	1	Hamilton, ON
67	Zack Fry	OL	3	London, ON
68	Alex Berwick	OL	1	Ottawa, ON
72	Cameron Creechan	K	1	Chatham, ON
75	Alex Veilleux	DL	2	London, ON
77	Brian Garrity	K	1	London, ON
81	Berto Mill	WR	1	Windsor, ON
82	Owen Ker	WR	1	Vancouver, BC
83	Seth Robertson	WR	1	Cambridge, ON
84	Brayden Misseri	WR	1	Whitby, ON
85	Raeshawn Blake	WR	1	London, ON
88	Spencer Nichols	H	3	London, ON
90	Austin Fordham-Miller	DL	5	Morpeth, ON
95	Bruce Maas	DL	2	London, ON
97	Malcolm Hinds	DL	3	Brampton, ON

COACHING STAFF

Head Coach: Greg Marshall (14th Season)
Offensive Coordinator: Gaetan Richard
Defensive Coordinator: Paul Gleason
Linebackers Coach: Adam Grandy
Defensive Line/Special Teams Coach: Kevin MacNeill
Offensive Line Coaches: Chris Marshall/Richard Nemeth
Receivers Coach: Wes Robinson
Running Backs Coach: Matt Snyder
Defensive Backs Coaches: Kwame Aidoo/Mark Forsyth/Kevin Willits
Quarterbacks Coach: Jay Kenemy
Kickers Coach: Darryl Wheeler
Football Operations Manager: Jake Kirk
Assistant Operations Manager: Peter Morales
Team Doctors: Dr. Kevin Willits
Strength and Conditioning Coach: Jeff Watson
Strength and Conditioning Assistant: Kristine Walker
Head Sports Therapist: Doug Stacey
Academic Coordinator: Chris Marcus
Academic Tutor: Dr. Rande Kostal

Roster is subject to change



ROSTER

GRYPHONS 2021 LINEUP

NO.	NAME	POS	YR	HOMETOWN
1	Ethan Monaghan	DB	1	Hamilton, ON
2	Kosi Onyeka	DB	3	Brampton, ON
3	Allister Chase	REC	4	Montreal, QC
4	Uriel-Emmanu Kalenga	DB	3	Gatineau, QC
5	Juwan Jeffrey	RB	3	Brampton, ON
6	Clark Barnes	REC	2	Brampton, ON
11	Vyshonne Janusas	REC	1	Windsor, ON
12	Kiondre Smith	REC	3	Markham, ON
13	Keegan Dicks	REC	1	Etobicoke, ON
14	Ryan Ogilvie	REC	1	Stoney Creek, ON
15	Ettore Casati	QB	1	Montreal, QC
16	Shawn Lal	QB	1	Abbotsford, BC
19	Anthony Moretuzzo	DB	1	Stoney Creek, ON
21	Kwame Osei	RB	3	Montreal, QC
22	Devynn Cromwell	DB	1	Toronto, ON
24	Jared Beeksm	LB	4	Cambridge, ON
25	Simon Chaves	DB	3	Guelph, ON
27	Malcom James	DB	1	Toronto, ON
29	Siriman Harrison Bagayogo	DB	2	Bois-Des-Filion, QC
33	Justin Lauzon	LB	2	St-Hyacinthe, QC
34	Josh Munoz	HB	2	Hamilton, ON
38	Ben Lack	DB	3	Burlington, ON
39	Cole Wilkinson	DB	2	London, ON
40	Craig Sherrington	RB	1	Burlington, ON
42	Kristian Stewart	DL	2	Hamilton, ON
43	Tyler Scholz	DB	2	Niagara Falls, ON
45	Kole Watson	LB	1	Ardrossan, AB
46	Brandon Ferigo	LB	2	Guelph, ON
47	Scott Murray	DL	2	Mississauga, ON
49	Jeremy Kapelanski-Lamoureux	DL	2	Saint Jerome, QC
50	Nathan Condello	LB	1	Stoney Creek, ON
52	A.J. Allen	LB	5	Burlington, ON
55	Noah Wright	OL	2	Scarborough, ON
56	Benjamin Rothwell	DL	1	Listowel, ON
58	Ethan Pyle	OL	1	Milton, QC
60	Connor Burke	OL	2	Guelph, ON
64	Nicholas Taddio	OL	1	Montreal, QC
65	Spencer Masterson	OL	3	King City, ON
66	Daniel Hocevar	OL	1	Stoney Creek, ON
67	Thomas Bourikas	OL	1	Oakville, ON
70	Eric Stranz	K	3	Ayr, ON
81	Jakob Tomas	REC	1	Guelph, ON
85	Daniel Serravalle	REC	2	Niagara Falls, ON
89	Nicholas Mirijello	REC	4	Scarborough, ON
92	Justin Jelacic	DL	2	Kitchener, ON
94	Deshawn Wright	DL	1	Mississauga, ON
98	Curtis Woodmansey	DL	2	Toronto, ON

COACHING STAFF

Head Coach: Ryan Sheahan
Defensive Coordinator: Dennis McPhee
Offensive Coordinator: Mark Surya
Special Teams Coordinator: Donnavan Carter
Defensive Line / Strength & Conditioning: Adam Kania
Linebackers: Joe Sardo
Offensive Line: Mike MacDonald
Running Backs / Manager, Football Operations: Stevenson Bone
Receivers: Rob Kitching
Kickers: Daniel Ferraro
Special Teams Assistant: Tristan Doughlin
Player Personnel: John Casasanta
Player Personnel: Stephen O'Brien
Player Personnel: Ettore Casati II
Academic Coordinator: Lindsay Williams
Equipment Manager: Frank Tersigni
Assistant Equipment Manager: Alf Conley
Athletic Therapist: Chris DeZorzi
Football Operations Assistant: Beatrice Gagliano
Football Operations Assistant: Khepri Nelson

Roster is subject to change

Mustang Legend



Joe Krol



110 YEARS: JOE KROL

Joel Krol was a highly touted and heavily recruited multi-sport star out of Windsor Kennedy High School in Windsor, ON. He enrolled at Western in 1938, but because of eligibility rules he played on the Colts in his freshman year. John Metras called him “a great defensive back and the best all-around halfback in Western’s football history.” In his only official season with the Mustangs, he was a

them to a surprising Grey Cup win. In 1945, he played two games with the Detroit Lions in the NFL and then joined the Toronto Argonauts where he would go on to win five more Grey Cups. Listed as a halfback, Krol played in an era where they made extensive use of the halfback option. Krol was honoured as an East All-star four times: 1945, '46, '47 '48.

player in the East.

“Simply put, he was the greatest Argo ever and definitely the best of his era,” said former teammate Charlie Camilleri. What made Joe special was that he did it all – he could run, pass, kick and defend. He was a true Argo for life and was always proud to have worn the Double Blue.” His #55 jersey is one of only four that has been retired by the Boatmen.

“Simply put, he was the greatest Argo ever and definitely the best of his era”

1939 SIFL All-star- halfback and a first team Eastern All-Star on the undefeated Yates Cup Championship team.

Krol played two more seasons on the COTC Mustangs and after graduation in 1942, he joined the Hamilton Flying Wildcats, an Ontario Rugby Football Union precursor to the Hamilton Tiger-Cats. Playing a starring role on the 1943 Wildcat squad, he led

Known as “King” Krol, he was a triple threat on the gridiron, running, passing, catching and kicking and may have been the most versatile athlete to play in the Canadian Football League. He was half of one of the most memorable sports tandems in Canadian history, pairing with receiver Royal Copeland to become the “Gold Dust Twins”. He won the Jeff Russell Award in 1946 as the outstanding

Awarded the Lou Marsh Trophy as Canada’s top athlete in 1946, he received the Lionel Conacher Award as Canada’s Male Athlete of the Year in 1947. One of the greatest players in CFL history, he became a charter member of the Canadian Football Hall of Fame in 1963. In 2006, Krol was voted one of the CFL’s top 50 players by TSN.

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#4 TREY

Q: What would you say is the difference between the regular season and the playoffs?

A: There's a huge difference between playoffs and regular season. Once you've made it to the playoffs whatever happened in the regular season means nothing. There's a lot more preparation that goes in during the week leading up to the game since the margin of error is much smaller. The competition is usually a lot better and there's more at stake.

Q: You and Keon Edwards are both playing incredibly well this season in the Running Back position. How is the competition between you two?

A: The competition is always friendly between me and

Keon. If anything we motivate each other to be better.

When one of us sets the bar, the other tries to reach it or raise it and that's a continuous cycle throughout practice and games. We're always critiquing each other on the little things because the deeper we go into the playoffs the more those little things matter.

Q: Why did you decide to come back and play another year with the Mustangs Football team?

A: Coming back this year was the best decision I've made. This team really has something special and I'm just happy to be a part of it. We have a good balance of vets and younger guys in their 2nd and 3rd year who are great leaders. I'm excited to see how far we can take it.

Q: How are you hoping to finish out this season?

A: It is extremely important to me to finish this year as strong as possible. Losing the Yates Cup in 2019 and then not having a season in 2020 is not how I saw my career as a Western Mustang coming to an end. There are many goals I want to accomplish before it is all said and done, and this is the season to do it.

Q: What would be your message to your first year self?

A: If I could give a message to myself in first year, it would be to enjoy every single moment because you never know when your last snap is going to be.



HUMES



Q: What do you hope will be your lasting impact on the team?

A: I hope my lasting impact on the team is to not take anything for granted. Throughout the season there are a lot of ups and downs especially for guys who are on the bubble of making the dress roster. You always have to stay ready so you never have to get ready, because the opportunity will present itself and you have to take full advantage of it when it does.

Q: What does it mean to you, to be a part of this team?

A: To be a member of the Mustangs football program means you're a part of a brotherhood. The countless hours we spend together on and off the field, our dedication to be the best, our discipline and our commitment to each other are all what makes this program so great.

#4 - Trey Humes - RB





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Great athletic programs are built with the help of great supporters. Thanks to our football donors, Western Mustangs football student-athletes will excel in and out of the classroom.

On and off the field, donors to Western Football show our student athletes support and it matters. These gifts help us maintain a first-rate program, enhance the student athlete experience and help us remain competitive among our peers.

Outside Linebacker Lourenz Bowers-Kane shares these sentiments, and hopes one day to go on to play in the NFL. Even if that aspiration is not in his future, what is in his present is the sound reality that he is supported by donors to the Mustangs family.

"With your help you have provided me with an amazing opportunity to be free from debt and stress, and gave me a sense of freedom when it comes to financial aspect of making my dreams come true." - Lourenz Bowers-Kane

"Thank you to all our football donors – each and every one of you make a difference to our program in so many ways. Your support helps to fund athletic financial awards, equipment that is needed, and other highest priority needs that will enhance the experience of our student athletes. Thank you again for your generosity!"

- Greg Marshall, Mustangs Football Head Coach

"I want to thank you, our generous donors, alumni and friends of the football program who have supported the Western Mustangs so generously over these past difficult 18 months and before. We are thrilled to be back at competitive sport; seeing the student athletes excel at the sport they love with their fellow teammates. Your donations help us to support the student athletes and coaches, and we are so thankful for that." - Christine Stapleton, Director, Western Sport and Recreation

It is never too late to support this season's football team. We will accept your support at any time. To learn more about this exciting program, please see our website at www.westernconnect.ca/aam or contact Dory Mounsey at dmounsey@uwo.ca or 519.661.2111 ext 85568.

Western University would like to thank all our donors for supporting our student athletes through a tough year last year. They are stronger than ever and have a better appreciation of the great opportunity to attend Western and play Mustangs football.



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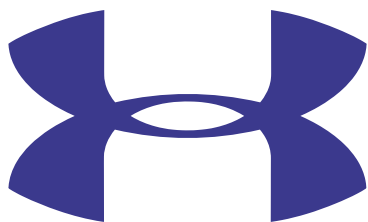


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JW Mascot

JW Mascot is a white and purple Mustang horse who can be spotted cheering on the football stands or being chased by a parade of excited children. As the official mascot for Western Mustangs, JW is no doubt the world's biggest Mustang fan, and has been entertaining fans since 1984. JW is proudly named after J.W. Little, who was a former Mayor of London, Ontario and a founding member of Western University's Board of Governors.

Western Mustang Marching Band

Starting off as a small group of musicians in 1923, the Western Mustang Marching Band transformed under the guidance of Western alumnus Don Wright - whom the Music Faculty is now named after - and has grown to be the official marching band of the Western Mustangs. The current roster is comprised of dedicated students from all faculties at Western University, as well as the Affiliated University Colleges. The Marching Band is led by Director Quinn Fleming.

Cheerleading

The Western Mustangs Cheerleading Team are the proud title-holders of 34 PCA National Collegiate Championships and 5 Cheersport National Championships. The team has won titles almost every year since 1985. Our Coed Cheerleading team is the longest running program in Canada with its origins dating back to 1924. The Western Mustangs Cheer Team is directed by Head Coach David-Lee Tracy.



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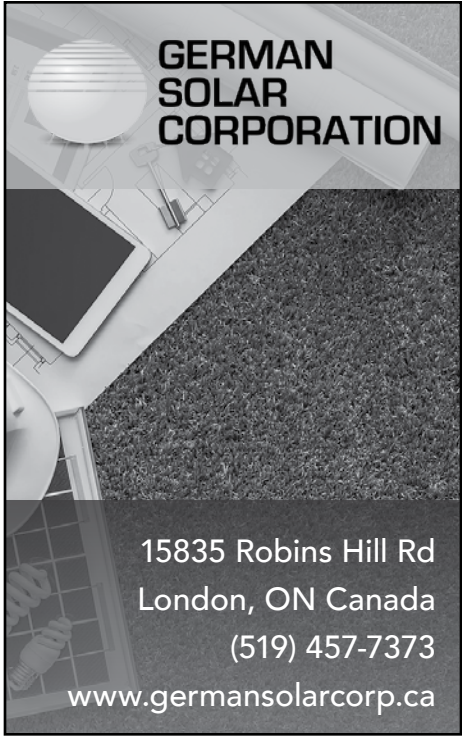
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ANTONIO

Q: You always bring the intensity when coming out of the W, is that part of a pre game routine or does it just come naturally?

A: I guess you could say it's a natural routine, it's how I've always been since high school. This game brings out the fire in me. Going on onto the field is like entering the battle field, I ask for a blessing for my teammates and myself, and Let's Go! Lol

Q: How much different is the playoffs as compared to the regular season?

A: The playoffs is just on another level. Every game has the potential to be the last, so it definitely adds to

the intensity. There are no do overs or a next week's game to fix this week's mistakes. It's win or go home.

Q: How important is it to you to finish this year as strong as possible?

A: Everyone knows what the ultimate goal is and it would be great to accomplish it. Being my last year of football at Western it would be a great way to end my career here. Either way, the many relationships I've made this year and all the great memories I've created are just as important. We have a really good group here and I'm so appreciative of every moment I've had this season. Hopefully we can keep it rolling.

Q: This year we've seen you bring the Italian flag headband, just a fashion piece or intended purpose of showing your Italian heritage?

A: It's always to rep the flag and my Italian heritage. I have a very close family and we carry a lot of the traditions from our Italian culture. It's something I'm very proud of especially because of what my Nonno's and Nonna's did to get our families to this great country of Canada so that I could be here today. What's a Sunday without everyone in the family gathering for some homemade ravioli!



VALVANO

Q: What's would be your message to yourself in 1st year when you started at Western ?

A: Trust the process! Don't worry about red shirting just keep working hard. Enjoy every moment don't take anything for granted. Be a good person make good decisions. Play every play like it's your last. Do all that and I promise it will be a great ride.

Q: What has been your fondest memory of your time as a Mustang?

A: Other than winning the Vanier Cup in 2017, my fondest memories as a Mustang would be all the amazing and incredible

people I have had the pleasure of knowing and sharing this incredible experience with - from my teammates, to coaches, to parents - these are bonds that will last a lifetime.

Q: What do you hope is the lasting impact of your time with the Mustangs?

A: I hope that the lasting impact of my time with the Mustangs is that I set a proper example for my teammates on and off the field. Working hard and always being a good representative of the team and the school.

Q: What does it mean to be a member of the Mustangs Football program?

A: To me, it means from the moment you commit to the team you have committed to giving everything you have in everything that you do on and off the field. Putting the team before yourself in all your decision making, trusting your teammates are doing the same in order to achieve the ultimate goal of becoming champions. No one person is greater than the other, everybody is equal. Just one big family working hard and having fun doing it.

#29 - Antonio Valvano - H

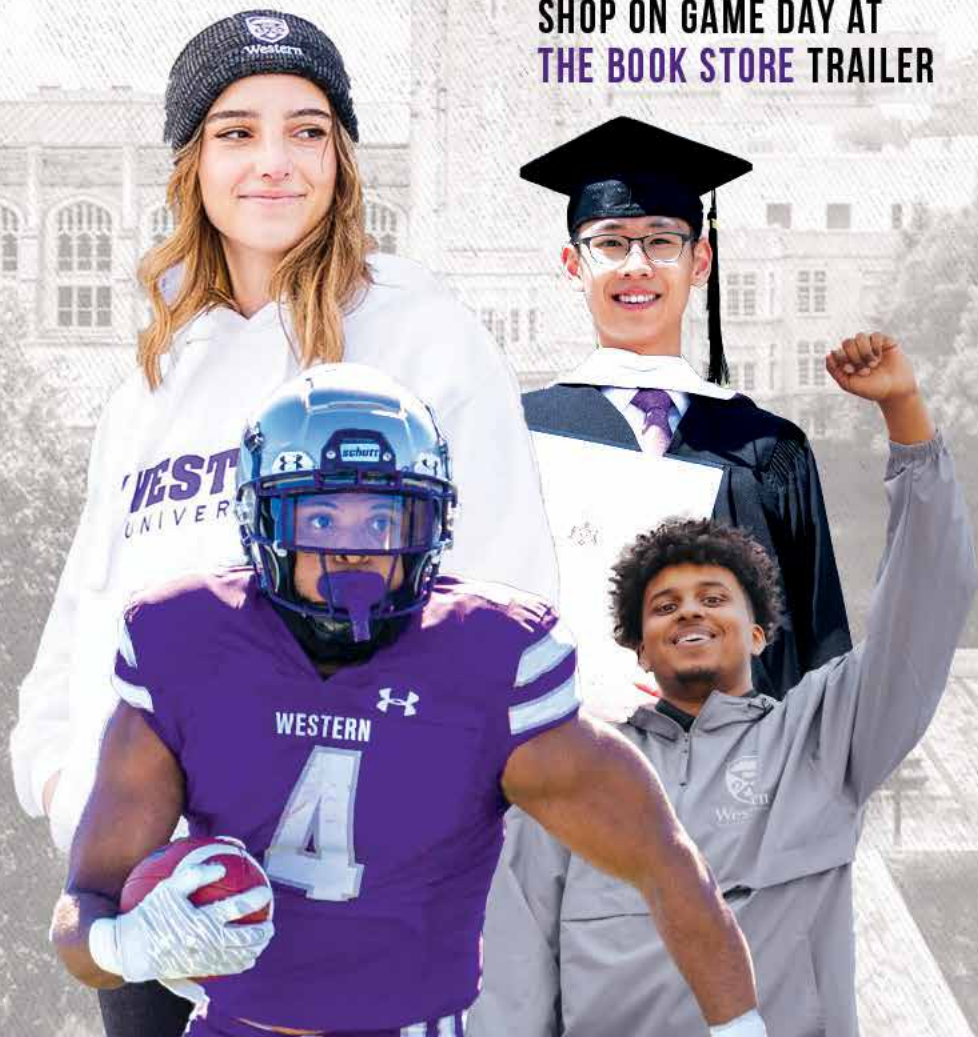


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