



RYERSON RAMS MVB HONOURS/AWARDS

U SPORTS/CIS/CIAU AWARDS

First-Team All-Canadian

Xander Ketrzynski	2018-19
Lucas Coleman	2017-18
Lucas Coleman	2016-17
Ryan Vandenburg	2005-06
Ryan Vandenburg	2004-05

Second-Team All-Canadian

Lucas Coleman	2014-15
Ryan Vandenburg	2006-07

All-Rookie Team

Xander Ketrzynski	2018-19
Adam Anagnostopoulos	2013-14
Oleh Kovalchuk	2005-06
Nicolas Beaver	2004-05

Rookie of the Year

Xander Ketrzynski	2018-19
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Coach of the Year

Mirek Porosa	2005-06
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OUA/OUAA AWARDS

Most Valuable Player

Xander Ketrzynski (East)	2018-19
Lucas Coleman (East)	2017-18
Ryan Vandenburg	2005-06
Ryan Vandenburg	2004-05

Rookie of the Year

Xander Ketrzynski (East)	2018-19
Adam Anagnostopoulos	2013-14
Oleh Kovalchuk	2005-06
Lukas Porosa (East)	2001-02
Rob Guenette (East)	1996-97

Coach of the Year

Mirek Porosa	2005-06
Mirek Porosa	1995-96

Libero of the Year

Lukas Porosa	2004-05
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First-Team All-Stars

Xander Ketrzynski (East)	2018-19
Adam Sandeson (East)	2018-19
Adam Anagnostopoulos (East)	2017-18
Lucas Coleman (East)	2017-18
Adam Anagnostopoulos (East)	2016-17
Lucas Coleman (East)	2016-17
Uchenna Ofoha (East)	2016-17
Lucas Coleman	2014-15
Robert Wojcik	2013-14
Ryan Vandenburg	2006-07
Ryan Vandenburg	2005-06
Matt Fugard	2005-06
Ryan Vandenburg	2004-05
Ryan Vandenburg	2003-04
Anton Elsey	2002-03
Ryan McNeil (East)	1995-96
Barry Jackson (East)	1988-89

Second-Team All-Stars

Riley Anderson (East)	2018-19
Navreet Suhan (East)	2018-19
Brendan Kewin (East)	2017-18
Brendan Kewin (East)	2016-17
Lucas Coleman	2015-16
Luka Milosevic	2012-13
Chris McLaughlin	2010-11
Chris McLaughlin	2008-09
Nicolas Beaver	2007-08
Greg Marszalek	2005-06
Lukas Porosa	2004-05
Sasha Simic	2003-04
Lukas Porosa	2002-03
Andrew White (East)	1996-97
Clayton Carimbocas (East)	1996-97

All-Rookie Team

Xander Ketrzynski (East)	2018-19
Saad Shaikh (East)	2018-19
Omari Young (East)	2018-19
Navreet Suhan (East)	2017-18
Taylor Jordan (East)	2016-17
Adam Anagnostopoulos	2013-14
Jeff Ardron	2013-14
Alexander Dawson	2011-12
Aleksa Miladinovic	2010-11
Luka Milosevic	2008-09
Greg McDonald	2007-08
Cameron Bartlett	2006-07
Chris McLaughlin	2006-07
Oleh Kovalchuk	2005-06
Nicolas Beaver	2004-05
Greg Marszalek	2003-04



RYERSON RAMS MVB HONOURS/AWARDS

RYERSON AWARDS

Ryersonian Trophy - Male Athlete of the Year

Ryan Vandenburg	2006-07
Ryan Vandenburg	2005-06
Ryan Vandenburg	2004-05
Ryan Vandenburg	2003-04
Sasha Simic	2000-01
Ryan McNeil	1995-96
Barry Jackson	1988-89

Eyeopener Male Rookie of the Year

Xander Ketrzynski	2018-19
Greg McDonald	2007-08
Oleh Kovalchuk	2005-06
Nicolas Beaver	2004-05
Greg Marszalek	2003-04
Michael Nesti	2002-03
Rob Guenette	1996-97
Tunde Tairu	1994-95

Ryerson Athletics Hall of Fame Inductees

Vandenburg, Ryan	(inducted 2016)	2002-07
O'Reilly, Brian	(inducted 2001)	1978-88

D.H. Craighead Trophy - Male Greatest Contribution to Interuniversity Sport

Robert Earl	2012-13
Lukas Porosa	2005-06
Sasha Simic	2002-03
Semih Hacioglu	1993-94
Compton Cho	1988-89
Bill Barrow	1971-72

Male Greatest Contribution to Campus & Community Life

Mark Spehr	2007-08
Roger Marszalek	2006-07

Claude LaJeunesse Award (Academics)

Greg Vukets	2018-19
Robert Earl	2013-14
Lukas Porosa	2006-07

President's Team Award

2007-08
2006-07
2005-06



RYERSON RAMS MVB HONOURS/AWARDS

RYERSON AWARDS (continued)

Juri Varangu Trophy - Team MVP

Xander Ketrzynski	2018-19
Lucas Coleman	2017-18
Lucas Coleman	2016-17
Lucas Coleman	2015-16
Marc Reardon	2014-15
Stefan Ristic	2013-14
Robert Wojcik	2012-13
Luka Milosevic	2011-12
Roman Kabanov	2010-11
Cameron Bartlett	2009-10
Chris McLaughlin	2008-09
Nicolas Beaver	2007-08
Nicolas Beaver	2006-07
Mark Roe	2006-07
Matt Fugard	2005-06
Greg Marszalek	2004-05
Sasha Simic	2003-04
Karl Venemore	2002-03
Anton Hauser	2001-02
Sasha Simic	2000-01
Sasha Simic	1999-00
Ryan Carpenter	1998-99
Kimmo Hamalainen	1997-98
Jamal Thomas	1996-97
Ryan McNeil	1995-96
Paul Carter	1994-95
Paul Carter	1993-94
Rob Morgan	1992-93
Darren Adam	1991-92
Darren Dugan	1990-91
Rob Morgan	1989-90
Barry Jackson	1988-89
Larry Hum	1987-88
Compton Cho	1986-87
Rob Kruger	1985-86
Allan Hall	1984-85
Mark Killeen	1983-84

Rick Bennett	1982-83
Jack Loucks	1981-82
Terry Lipitkas	1980-81
Brian Hussey	1979-80
Frank Rugosi	1978-79
Brian Parkinson	1977-78
Ami Weisz	1976-77
Ron Jocius	1971-72

Gold 'R' Recipients

Adam Anagnostopoulos	2017-18
Lucas Coleman	2017-18
Robert Earl	2013-14
Luka Milosevic	2012-13
Greg McDonald	2010-11
Cameron Bartlett	2009-10
Chris McLaughlin	2009-10
Greg Marszalek	2008-09
Szymon Wierdak	2007-08
Nicolas Beaver	2006-07
Roger Marszalek	2006-07
Anton Hauser	2006-07
Mark Roe	2006-07
Mark Spehr	2006-07
Anton Hauser	2005-06
Lukas Porosa	2004-05
Ryan Vandenburg	2004-05
Sasha Simic	2001-02
Barry Jackson	1998

Blue 'R' Recipients

Adam Anagnostopoulos	2017-18
Lucas Coleman	2017-18
Brendan Kewin	2017-18
Brett Whitley	2017-18
Anthony Cicchi	2016-17
Uchenna Ofoha	2016-17
Will Otten	2016-17
Alex Dawson	2015-16
Brandon Jordan	2015-16
Wesley Kosiba	2015-16
Robert Wojcik	2015-16
Marc Reardon	2014-15
George Sakvarelidze	2014-15
Robert Earl	2013-14
Stefan Ristic	2013-14
Luka Milosevic	2012-13
Roman Kabanov	2011-12
Chris McLaughlin	2010-11
Greg McDonald	2008-09
Matt Fugard	2005-06
Oleh Kovalchuk	2005-06
Roger Marszalek	2005-06
Mark Roe	2005-06
Mark Spehr	2005-06
Szymon Wierdak	2005-06
Nicolas Beaver	2004-05
Greg Marszalek	2004-05
Lukas Porosa	2002-03
Ryan Carpenter	1998-99
Paul Carter	1994-95
Semih Hacioglu	1993-94
Rob Morgan	1992-93