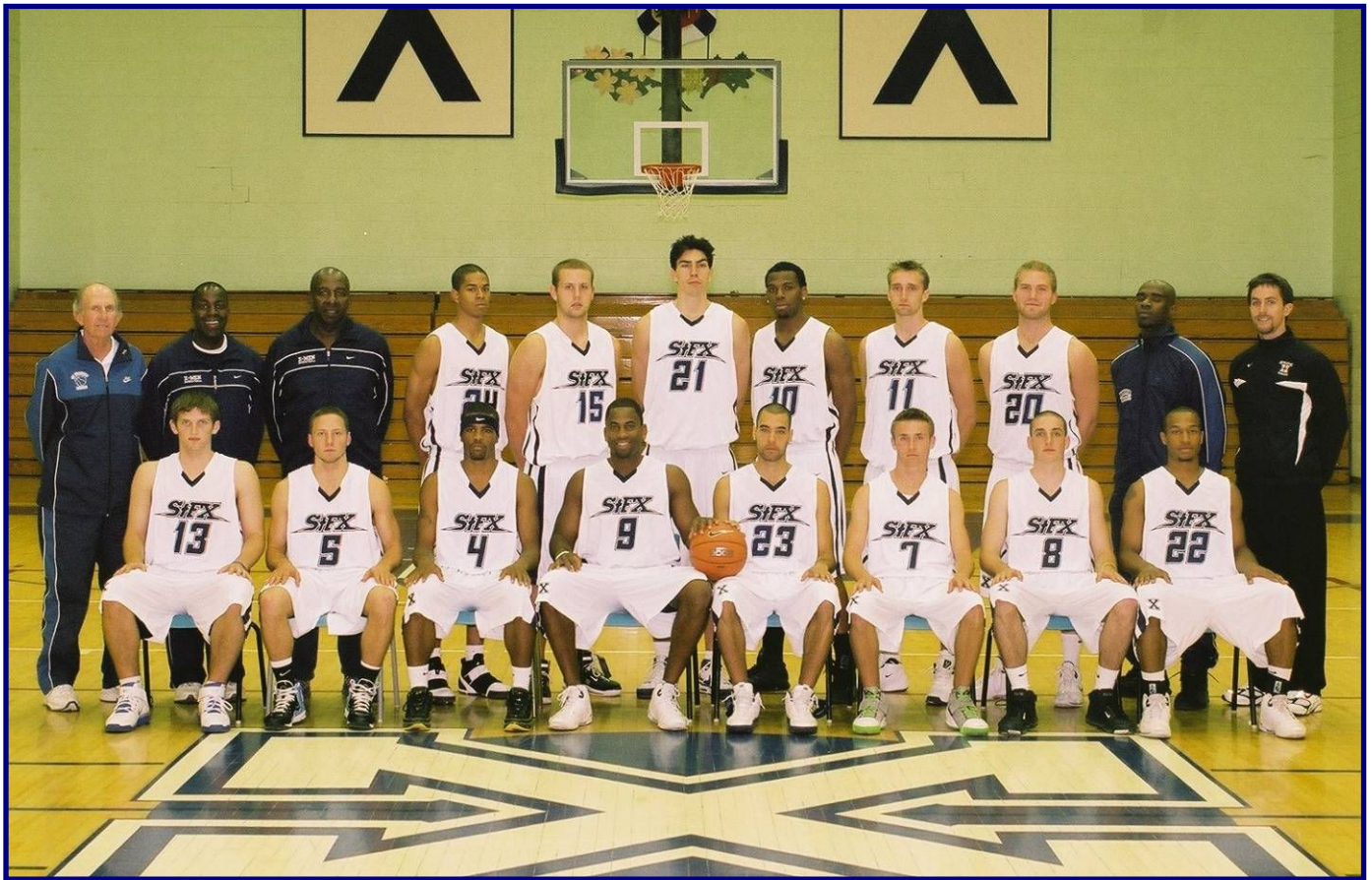


St. Francis Xavier University
X-Men Basketball
2008-09



MEDIA GUIDE



StFX Athletics General Information



St. Francis Xavier University

Location: Antigonish, NS

Founded: 1853

Enrollment: 4200 full time, 500 part-time

President & Vice-Chancellor: Dr. Sean Riley

Director of Athletics & Recreational Services: Mr. Leo MacPherson

StFX Athletics

StFX Department of Athletics & Recreation

PO Box 5000, Antigonish, NS, B2G 2W5

Phone: (902) 867-2152 Fax: (902) 867-2455

Email: info@goxgo.ca

Scoreline: 1-866-867-5452

Box Office: 1-866-259-8169

www.goxgo.ca

Conference: Atlantic University Sport (AUS)

Team Names: X-Men and X-Women

Team Colors: blue and white

Number of Varsity Teams: 11 (8 sports)

Sports Information Director: Krista McKenna

(902) 867-5381 or kmckenna@stfx.ca

StFX X-Men Basketball

Head Coach: Steve Konchalski, 34th season

(902) 867-2128 or skonchal@stfx.ca

Assistant Coaches: Doc Ryan, Denton Anthony

Home Venue: Oland Centre

Capacity: 3500



StFX University X-Men Basketball 2008-09

#	1 st Name	Last Name	Position	Ht.	Elig.	Course	Yr.	Hometown	Last Team
4	Christian	Upshaw	Pt Guard	5-10	3	BA	3	Halifax, NS	St. Pat's HS
5	William	Silver	Pt Guard	5-9	3	BA HK	3	Halifax, NS	St. Pat's HS
7	Rhett	Thompson	Pt Guard	5-11	2	Engin	2	Antigonish, NS	Dr. JH Gillis Regional HS
8	Eamon	Morrissy	Guard	6-2	1	BA	1	Halifax, NS	Citadel HS
9	Dwayne	Johnson	Guard	6-3	4	BA	3	Ottawa, ON	Vanier College
10	Terrence	Taylor	Forward	6-5	3	BA	2	Las Vegas, NV	Cole Harbour HS
11	Sean	Nickel	Guard	6-5	3	BA	3	Kitchener, ON	Wilfrid Laurier Univ
13	Blake	Poritz	Guard	6-2	3	BA	3	Vancouver, BC	Capilano College
15	Jeremy	Dunn	Forward	6-6	1	BA HK	1	Wolfville, NS	Horton District HS
20	Chad	Warren	Forward	6-5	2	BA	2	Corner Brook, NL	Corner Brook Regional HS
21	Alberto	Rodriguez	Forward	6-9	3	BBA	3	Havana, Cuba	St. Mary's HS
22	William	Donkoh	Guard	6-1	1	Non Deg	1	Ottawa, ON	Notre Dame HS
23	Tyler	Richards	Guard	6-2	5	BA	4	Halifax, NS	St. Pat's HS
24	Jordan	Hope	Guard	6-4	1	BA	1	Calgary, AB	Notre Dame HS

Head Coach: Steve Konchalski (34th year)

Associate Coach: Doc Ryan

Academic Advisor: Denton Anthony

Manager: Pierre LeVert Desveaux

Athletic Therapists: Tara Sutherland, Katrina Lambert

Student Therapist: Sandy MacIntosh

Team Doctor: Dr. David Cudmore

Sports Information: Krista McKenna





StFX University X-Men Basketball 2008-09 Team Snapshot



The StFX University X-Men basketball team enters the 2009 CIS championship as the AUS finalists, earning the wild card berth into the nationals. The X-Men posted a 17-3 regular season record and finished in first place atop the AUS conference. They defeated UPEI 89-60 in the AUS semi-finals but lost in the AUS championship game to the Dalhousie Tigers by a 72-60 margin. The X-Men posted a 10-4 exhibition record this past season and had an exhibition tournament win at the UNB Eric Garland Invitational.

Veteran fifth year guard Tyler Richards (Halifax, NS) was named an AUS first team all-star for the fourth consecutive season. Richards was second overall in the AUS in both scoring (19.6) and steals (2.60) and was 7th in assists (3.90). Teammate Christian 'T-Bear' Upshaw (Halifax, NS) joined him as an AUS first team all-star and was also named AUS Player of the Year; the first X-Men to earn the award since Fred Perry won back-to-back honors in 1999-00 and 2000-01. Upshaw had a phenomenal breakout year for the X-Men this season and ranked in the top 10 in every AUS stats category with the exception of rebounding and blocked shots. The third year point guard was second overall in both three-point percentage (47.9%) and three-point field goals per game (2.42), was fifth in scoring (19.1) and assists (4.00) and sixth in free throw percentage (81.7%) and steals (2.11). First year forward Jeremy Dunn (Wolfville, NS) was named to the AUS all-rookie team. Despite missing eight games due to injury, he was able to earn his way onto the X-Men starting line-up by shooting 46% from the floor and 40% from three-point range.

The X-Men are guided by 34 year veteran head coach Steve Konchalski. 'Coach K' earned his 700th overall career victory (regular season, playoff & non-conference) this past season and currently leads all active CIS head coaches in career wins. He is second on the all-time career coaching victory list behind Jerry Hemmings and currently sits with a 727-395 overall record. Konchalski's X-Men team led the country in scoring offense this year averaging 87.75 points per game. They also led the nation in field goal percentage (48.14%) and steals (12.1), were third in assists (17.4) and fourth in three-point field goal percentage (38.27%).

The 2009 CIS championship marks the 14th appearance on the national scene for the X-Men after a three year hiatus from the event. At their last appearance in 2005-06, they lost a close 67-63 game in the semi-finals to Victoria. They have an overall championship record of 18-16 in 34 games played. The StFX X-Men have won twelve AUS and three CIS titles (2001, 2000 and 1993) throughout their history. They were tied for the fifth place spot in the CIS Top 10 rankings at the conclusion of the season and fluctuated between third and sixth place for the entire 14 week season duration.



StFX University X-Men Basketball 2008-09 Quick Facts



2008-09 AUS Regular Season Record: 17 wins, 3 losses

2008-09 AUS Regular Season Standing: 1st place, 46 points

2008-09 AUS Playoff Record: 1 win and 1 loss

- Finished first place overall, earning a bye into the semi-finals
- Defeated UPEI 89-60 in semi-finals
- Lost to Dalhousie 72-60 in the AUS final

AUS Titles: 12 (2006, 2005, 2004, 2002, 2001, 2000, 1997, 1993, 1981, 1962, 1960, 1959)

CIS Titles: 3 (2001, 2000, 1993)

CIS Championship Appearances: 14

- 2005-06 – lost in semi-finals 67-63 to Victoria
- 2004-05 – lost in semi-finals 67-65 to Carleton
- 2003-04 – CIS finalists – lost 63-59 to Carleton
- 2001-02 – lost opening 2 games – 74-56 to Laval and 73-66 to Victoria
- 2000-01 – CIS champions – defeated Brandon 83-76
- 1999-00 – CIS champions – defeated Brandon 61-60
- 1996-97 – lost opening 2 games – 90-81 to Laurentien and 79-64 to Brandon
- 1992-93 – CIS champions – defeated McMaster 72-64
- 1989-90 – lost consolation final 96-92 to Brandon
- 1984-85 – lost consolation final 77-69 to Manitoba
- 1981-82 – won consolation final 72-69 over Saskatchewan
- 1980-81 – lost bronze medal game 82-65 to Concordia
- 1978-79 – lost bronze medal game 79-73 to York

CIS Record: 18 wins, 16 losses in 34 games played with .531 winning percentage

2008-09 AUS Conference Awards:

- AUS Most Valuable Player: Christian Upshaw
- AUS First Team All-Stars: Christian Upshaw, Tyler Richards
- AUS All-Rookie Team: Jeremy Dunn

Head Coach: Steve Konchalski, 34th season

- career record (regular season, playoff & non-conference) of 727 wins and 395 losses
- AUS Coach of the Year six times (2006, 2003, 2001, 2000, 1991, 1983)
- CIS Coach of the Year in 2002
- earned 700th career victory on Oct. 9, 2008 (95-61 exhibition win over UQAM) and currently leads all active CIS coaches in career wins



StFX University X-Men Basketball 2008-09



2008-09 Atlantic University Sport (AUS) Regular Season Standings:

Team	GP	4W	2W	L	Pct.	Home	Road	PF	PA	+/-	Pts
StFX	20	6	11	3	.850	8-1	9-2	1755	1479	276	46
Cape Breton	20	5	10	5	.750	9-1	6-4	1615	1396	219	40
Dalhousie	20	7	6	7	.650	8-2	5-5	1492	1320	172	40
Saint Mary's	20	5	7	8	.600	8-3	4-5	1513	1478	35	34
UPEI	20	4	7	9	.550	7-3	4-6	1594	1627	-33	30
Acadia	20	2	4	14	.300	1-8	5-6	1657	1720	-63	16
Memorial	20	2	1	17	.150	2-8	1-9	1366	1663	-297	10
UNB	20	1	2	17	.150	2-9	1-8	1376	1685	-309	8

4W = 4 point wins; **2W** = 2 point wins

2008-09 X-Men Regular Season Results:

Thurs, Nov. 6	StFX	63	@	SMU	59	2 pt win
Fri, Nov. 14	UNB	78	@	StFX	96	2 pt win
Sun, Nov. 16	StFX	77	@	DAL	61	4 pt win
Sat, Nov. 22	UPEI	76	@	StFX	88	4 pt win
Sun, Nov. 23	SMU	71	@	StFX	76	2 pt win
Sun, Nov. 29	StFX	100	@	UPEI	80	4 pt win
Thurs, Jan. 8	StFX	74	@	SMU	76	2 pt loss
Sat, Jan. 10	ACA	90	@	StFX (OT)	109	2 pt win
Sat, Jan. 17	StFX	71	@	MUN	60	4 pt win
Sun, Jan. 18	StFX	94	@	MUN	68	4 pt win
Sun, Jan. 25	SMU	70	@	StFX	71	2 pt win
Wed, Jan. 28	StFX	86	@	CBU	90	4 pt loss
Sat, Jan. 31	UNB	71	@	StFX	97	2 pt win
Fri, Feb. 6	StFX	78	@	ACA	68	2 pt win
Sun, Feb. 8	ACA	80	@	StFX	97	2 pt win
Fri, Feb. 13	StFX	107	@	UNB	68	2 pt win
Sat, Feb. 14	StFX	99	@	UNB	74	2 pt win
Thurs, Feb. 19	StFX	100	@	ACA	75	2 pt win
Sun, Feb. 22	DAL	80	@	StFX	79	4 pt loss
Thurs, Feb. 26	CBU	84	@	StFX (2OT)	93	4 pt win

2008-09 X-Men Exhibition Results:

Thurs, Oct. 9 StFX 95 @ UQAM 61 win

Nike Concordia Invitational Tournament:

Fri, Oct. 10 StFX 101 @ Ryerson 71 win
 Sat, Oct. 11 StFX 101 @ Concordia 102 loss OT
 Sun, Oct. 12 StFX 103 @ McGill 95 win

StFX Invitational Tournament:

Fri, Oct. 17	UPEI	68	@	StFX	112	win
Sat, Oct. 18	Cape Breton	82	@	StFX	79	loss

UNB Eric Garland Invitational Tournament:

Fri, Oct. 24	StFX	72	@	Cape Breton	67	win
Sat, Oct. 25	StFX	84	@	UNB	68	win
Sun, Oct. 26	StFX	97	@	Lee Academy	90	win

StFX wins the UNB Eric Garland Invitational Tournament

Sat, Nov. 8	StFX	71	@	Bryant	64	win
Sun, Nov. 9	StFX	56	@	Boston	82	loss

Dalhousie Rod Shoveller Invitational Tournament:

Fri, Jan. 2	StFX	70	@	Lakehead	61	win
Sat, Jan. 3	StFX	98	@	Saint Mary's	81	win
Sun, Jan. 4	StFX	61	@	Carleton	83	loss

2008-09 X-Men Playoff Results

AUS Championship @ Halifax Metro Centre

AUS Semifinal

Fri, Mar. 6	UPEI	60	@	StFX	89	win
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AUS Final

Sat, Mar. 7	DAL	72	@	StFX	60	loss
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StFX University X-Men Basketball 2008-09



Team Statistics – Regular Season



TEAM STATISTICS	STFX	OPP
SCORING.....	2955	2554
Points per game.....	86.9	75.1
Scoring margin.....	+11.8	-
FIELD GOALS-ATT.....	1068-2245	969-2236
Field goal pct.....	.476	.433
3 POINT FG-ATT.....	271-684	192-569
3-point FG pct.....	.396	.337
3-pt FG made per game.....	8.0	5.6
FREE THROWS-ATT.....	548-798	424-659
Free throw pct.....	.687	.643
REBOUNDS.....	1223	1176
Rebounds per game.....	36.0	34.6
Rebounding margin.....	+1.4	-
ASSISTS.....	555	510
Assists per game.....	16.3	15.0
TURNOVERS.....	622	690
Turnovers per game.....	18.3	20.3
Turnover margin.....	+2.0	-
Assist/turnover ratio.....	0.9	0.7
STEALS.....	382	307
Steals per game.....	11.2	9.0
BLOCKS.....	78	94
Blocks per game.....	2.3	2.8
WINNING STREAK.....	1	-
Home win streak.....	1	-
ATTENDANCE.....	1000	3700
Home games-Avg/Game.....	11-91	17-182
Neutral site-Avg/Game.....	-	6-100

BY PERIOD	1st	2nd	OT	OT2	OT3	OT4	Total
Team.....	700	726	785	681	46	17	- 2955
Opponents...	652	673	594	601	26	8	- 2554

Note: Statistics do not include 1 post-season game(s).



StFX University X-Men Basketball 2008-09

Individual Statistics - Regular Season



#	Player	GP-GS	Min--Avg	---TOTAL---			---3-PTS---			---REBOUNDS---			PF	FO	A	TO	Blk	Stl	Pts	Avg	
				FG-FGA	Pct	3FG-FGA	Pct	FT-FTA	Pct	Off	Def	Tot									Avg
04	Christian Upshaw...	33-25	1028 31.2	230-445	.517	82-169	.485	116-148	.784	34	73	107	3.2	73	0	129	107	11	75	658	19.9
	Conference-Only..	19-15	593 31.2	120-243	.494	46-96	.479	76-93	.817	11	39	50	2.6	43	0	76	50	9	40	362	19.1
23	Tyler Richards....	31-22	1005 32.4	217-471	.461	66-177	.373	83-123	.675	35	117	152	4.9	36	0	121	114	6	76	583	18.8
	Conference-Only..	20-15	672 33.6	146-325	.449	42-125	.336	58-87	.667	21	78	99	5.0	19	0	78	73	4	52	392	19.6
10	Terrence Taylor...	34-23	870 25.6	146-261	.559	7-24	.292	61-95	.642	54	112	166	4.9	84	1	28	55	13	27	360	10.6
	Conference-Only..	20-13	513 25.7	87-155	.561	1-9	.111	25-43	.581	34	68	102	5.1	50	1	20	25	8	18	200	10.0
09	Dwayne Johnson....	33-25	774 23.5	103-218	.472	6-40	.150	75-117	.641	49	130	179	5.4	81	3	58	84	6	44	287	8.7
	Conference-Only..	19-15	429 22.6	62-113	.549	2-16	.125	37-56	.661	27	68	95	5.0	52	3	32	52	4	27	163	8.6
15	Jeremy Dunn.....	26-6	487 18.7	78-171	.456	27-67	.403	28-41	.683	20	52	72	2.8	51	1	17	30	7	23	211	8.1
	Conference-Only..	18-6	330 18.3	50-112	.446	20-51	.392	19-27	.704	12	38	50	2.8	40	1	13	15	6	17	139	7.7
21	Alberto Rodriguez..	34-23	733 21.6	98-197	.497	0-1	.000	79-112	.705	96	103	199	5.9	106	6	24	50	23	30	275	8.1
	Conference-Only..	20-13	428 21.4	54-104	.519	0-1	.000	43-65	.662	60	63	123	6.2	60	3	14	28	12	17	151	7.6
05	William Silver.....	33-5	719 21.8	60-125	.480	18-45	.400	46-60	.767	33	72	105	3.2	70	2	109	83	1	62	184	5.6
	Conference-Only..	19-2	459 24.2	45-85	.529	15-34	.441	32-36	.889	24	40	64	3.4	39	1	75	47	1	44	137	7.2
20	Chad Warren.....	34-0	455 13.4	45-118	.381	23-55	.418	15-22	.682	35	62	97	2.9	63	1	24	26	3	21	128	3.8
	Conference-Only..	20-0	260 13.0	22-66	.333	10-29	.345	10-14	.714	19	35	54	2.7	32	1	15	12	0	13	64	3.2
11	Sean Nickel.....	33-0	275 8.3	37-87	.425	24-53	.453	11-17	.647	9	27	36	1.1	29	0	15	10	6	4	109	3.3
	Conference-Only..	19-0	148 7.8	18-38	.474	11-22	.500	9-13	.692	3	13	16	0.8	15	0	10	3	4	2	56	2.9
22	William Donkoh....	28-1	264 9.4	32-78	.410	9-27	.333	13-28	.464	10	29	39	1.4	22	0	20	21	2	8	86	3.1
	Conference-Only..	14-1	146 10.4	18-34	.529	5-10	.500	9-13	.692	5	13	18	1.3	14	0	11	13	2	6	50	3.6
08	Eamon Morrissey...	19-0	97 5.1	13-38	.342	6-15	.400	3-6	.500	3	9	12	0.6	10	0	5	14	0	7	35	1.8
	Conference-Only..	12-0	62 5.2	8-25	.320	2-8	.250	3-6	.500	3	5	8	0.7	7	0	3	10	0	4	21	1.8
13	Blake Poritz.....	18-0	84 4.7	7-21	.333	3-9	.333	7-13	.538	0	7	7	0.4	3	0	3	6	0	4	24	1.3
	Conference-Only..	6-0	24 4.0	1-4	.250	1-2	.500	3-6	.500	0	2	2	0.3	1	0	0	0	1	6	1.0	
24	Hope, Jordan.....	10-0	41 4.1	2-12	.167	0-2	.000	9-10	.900	2	3	5	0.5	9	0	2	7	0	1	13	1.3
	Conference-Only..	8-0	35 4.4	2-11	.182	0-2	.000	9-10	.900	1	2	3	0.4	9	0	1	5	0	1	13	1.6
07	Rhett Thompson....	6-0	22 3.7	0-3	.000	0-0	.000	2-6	.333	0	0	0	0.0	3	0	0	3	0	0	2	0.3
	Conference-Only..	1-0	4 4.0	0-0	.000	0-0	.000	1-2	.500	21	26	47	1.4	0	0	0	1	0	0	1	1.0
	TEAM.....									6	6	12	0.6	0							
	Conference-Only..																				
Total.....		34	6854	1068-2245	.476	271-684	.396	548-798	.687	401	822	1223	36.0	640	14	555	622	78	382	2955	86.9
Conference-Only..		20	4103	633-1315	.481	155-405	.383	334-471	.709	226	470	696	34.8	382	10	348	340	50	242	1755	87.8
Opponents.....		34	6850	969-2236	.433	192-569	.337	424-659	.643	419	757	1176	34.6	681	-	510	690	94	307	2554	75.1
Conference-Only..		20	4089	564-1296	.435	94-267	.352	257-397	.647	235	436	671	33.5	387	15	306	399	42	172	1479	73.9



CIS Championship Appearances

- 2006** Semi-Finals: lost to Victoria 67-63
 Quarterfinals: defeated McMaster 81-77 (OT)
- 2005** Semi-Finals: lost to Carleton 67-65
 Quarterfinals: defeated Alberta 83-70
- 2004** Gold Medal: lost to Carleton 63-59
 Semi-finals: defeated York 68-53
 Quarterfinals: defeated Brock 77-61
- 2002** Consolation Final: lost to Victoria 73-66
 Quarterfinals: lost to Laval 74-56
- 2001** Gold Medal: defeated Brandon 83-76
 Semi-Finals: defeated McMaster 78-76
 Quarterfinals: defeated Laval 95-68
- 2000** Gold Medal: defeated Brandon 61-60
 Semi-finals: defeated Lethbridge 8-75
 Quarterfinals: defeated McMaster 82-79
- 1997** Consolation Final: lost to Bishops 79-64
 Quarterfinals: lost to Laurentian 90-81
- 1993** Gold Medal: defeated McMaster 72-64
 Semi-finals: defeated Ottawa 64-54
 Quarterfinals: defeated Calgary 83-80
- 1990** Fifth Place: lost to Brandon 96-92
 Consolation Final: defeated Alberta 74-67
 Quarterfinals: lost to Concordia 78-71
- 1985** Bronze Medal: lost to Manitoba 77-69
 Semi-finals: lost to Waterloo 87-79
- 1982** Fifth Place: defeated Saskatchewan 72-69
 Consolation Final: defeated Windsor 91-89
 Quarterfinals: lost to Victoria 89-68
- 1981** Bronze Medal: lost to Concordia 82-65
 Semi-finals: lost to Acadia 102-69
 Quarterfinals: defeated York 85-73
- 1979** Bronze Medal: defeated York 79-73
 Semi-finals: lost to Victoria 82-81
 Quarterfinals: defeated Calgary 100-74



StFX University X-Men Basketball 2008-09



2008-09 CIS Top Ten Rankings

Week 1	6 th place
Week 2	6 th place
Week 3	5 th place
Week 4	4 th place
Week 5	3 rd place
Week 6	3 rd place
Week 7	3 rd place
Week 8	5 th place
Week 9	5 th place
Week 10	4 th place
Week 11	5 th place
Week 12	4 th place
Week 13	4 th place
Week 14	5 th place (tie)



Christian Upshaw

#4

Point Guard

3rd Year

Bachelor of Arts (3)

Halifax, NS



AUS Player of the Year

AUS 1st Team All-Star

- 2nd in team and 5th in AUS scoring, averaging 19.1 points/game
- 2nd in AUS and 3rd in CIS in three-point field goal percentage (.479)
- 2nd in AUS in three-point field goals made per game (2.42)
- 5th in AUS in assists (4.00)
- 5th in AUS assist/turnover ratio (1.60)
- 6th in AUS free throw percentage (.817)
- 6th in AUS in steals (2.11)
- 7th in AUS minutes played (31.21)
- 10th in AUS field goal percentage (.494)
- Tournament All-star, Eric Garland UNB Invitational Tournament
- Tournament All-star, Rod Shoveller Dalhousie Invitational Tournament

Tyler Richards

#23

Guard

5th Year

Bachelor of Arts (4)

Halifax, NS



AUS 1st Team All-Star

- 1st in team and 2nd in AUS scoring, averaging 19.6 points/game
- 2nd in AUS and 6th in CIS in steals (2.60)
- 4th in AUS minutes played (33.60)
- 5th in AUS in three-point field goals made per game (2.10)
- 7th in AUS in assists (3.90)
- 4-time consecutive AUS 1st team all-star

Steve Konchalski

Head Coach

34th season



- Led X-Men to 1st place finish (17-3) atop the AUS conference, 9th first place standing in the past 11 years
- Led X-Men to 33rd consecutive AUS playoff appearance
- Career coaching record (regular season, playoff and non-conference) of 727 wins and 395 losses
- Currently leads all active CIS coaches in career wins and is second all-time
- AUS Coach of the Year six times (2006, 2003, 2001, 2000, 1991, 1983)
- CIS Coach of the Year in 2000-01
- Led the X-Men to three CIS titles and 9 AUS titles
- Led Acadia to national title in 1965 as a player and was chosen tournament MVP
- Assistant coach of Canada's national team for 16 years (including 1976, 1984 and 1988 Olympic Games)
- Head coach of Canada's national team for 4 years from 1995-98
- Inducted into the Acadia Sports hall of Fame (athlete), StFX Sports Hall of Fame (builder, team) and the Canadian Basketball Hall of Fame (builder)
- Inaugural recipient of Frank Baldwin Memorial Award for dedication to basketball in NS
- Appointed to the Canada Basketball Council of Excellence