

**2013-2014**  
**Mystics Year in Review**



Athletics & Recreation  
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# 2013-14 CCAA National Appearances



**2013-14 ACAA  
Men's Soccer Champions**

Placed 8th at CCAA Nationals  
in Saint John, NB



**2013-14 ACAA Women's  
Volleyball Champions**

Places 5th at CCAA Nationals  
in Toronto, ON

## CCAA All-Canadians



**Meaghan MacDougall**  
Women's Volleyball  
ACAA Player of the Year



**Derrick Brooks**  
Women's Volleyball

## SIRC CCAA Academic All-Canadians Award Recipients

ACAA All-Conference Team with a GPA over 3.70



**Haley MacDonald**  
Women's Volleyball



**Chris Gallant**  
Men's Soccer

## ACAA Individual Awards



**Bob Coe Award**  
Tyler Simmons  
Men's Soccer

**Dyrick McDermott Defensive  
Player of the Year:**  
Mac Ellis  
Men's Basketball



**Gerry Leblanc Award**  
Danielle Cyr  
Women's Soccer

**ACAA Coach of the Year**  
Derrick Brooks  
Women's Volleyball



**ACAA Libero of the Year**  
Haley MacDonald  
Women's Volleyball

**ACAA Coach of the Year**  
Luke Corey  
Men's Soccer



**ACAA Rookie of the Year**  
Arnar Bjornsson  
Men's Basketball

**ACAA Coach of the Year:**  
Ian MacRae  
Men's Basketball



## ACAA 1st Team All Conference

**Women's Soccer:**

Danielle MacDonald & Jessica Partridge

**Men's Soccer:**

Chris Gallant, Jeff Rodgerson & Matt Little

**Women's Volleyball:**

Christina Day, Meaghan MacDougall & Haley MacDonald

**Women's Basketball:**

Jocelyn Moore

**Men's Basketball:**

Arnar Bjornsson

## ACAA 2nd Team All Conference

**Women's Soccer:**

Rebecca Savage & Katie Black

**Men's Soccer:**

Mohib Attallah, Wonik Choi & Blake Murphy

**Women's Volleyball:**

Sydney Foy

**Men's Basketball:**

Corey Hollet

## Most Improved Player

Women's Soccer: Spencer Coulstring

Men's Soccer: Arnar Bjornsson

Women's Volleyball: Carmen Swain, Samantha Wentzell

Women's Basketball: Maddy Hiscock

Men's Basketball: David Boulay

## Coaches Award

Women's Soccer: Danielle Cyr, Marilyn Burke

Men's Soccer: Andy Thompson

Women's Volleyball: Sydney Foy

Women's Basketball: Christina Brien, Valle Rivero

Men's Basketball: Alex LeBlanc

## Most Valuable Player

Women's Soccer: Danielle MacDonald

Men's Soccer: Chris Gallant

Women's Volleyball: Meaghan MacDougall, Haley MacDonald

Women's Basketball: Jocelyn Moore

Men's Basketball: Arnar Bjornsson

## Varsity Awards

Male Athlete of the Year: Chris Gallant - Men's Soccer

Female Athlete of the Year: Meaghan MacDougall - Women's Volleyball

Windsor Flash Trophy: Hayley Lombard - Women's Soccer

Sheila and Stephenie Allt Memorial Award: Danielle Cyr - Women's Soccer

Tracy Barton Memorial Award: Kelsey Clory - Women's Basketball

Dyrick McDermott Memorial Award: Kara Hayes & Maddy Hiscock Women's Basketball

Franklin Raymond & Helen Plato Memorial Award: Dustin Poirier—Men's Basketball

MacDonald Chisholm Trask Leadership Award:

Emma Reardon - Women's Basketball

Corey Hollett - Men's Basketball

Rick and Andrea Plato Award: Alex Harding—Men's Basketball

Alumnae Varsity Prize Female: Haley MacDonald—Women's Volleyball

Alumnae Varsity Prize Male: Alex LeBlanc Men's Basketball



# Women's Volleyball



**Back Row (L - R):** Tyler Simmons (Assistant Coach), Jamie Brown (Assistant Coach), Meaghan MacDougall, Jill Bulmer, Carmain Swian, Caroline Soley, Christina Day, Ashley Mooney, Derrick Brooks (Head Coach). **Front Row (L-R):** Shenja Keith, Meghan van der Heyden , Haley MacDonald, Samantha Wentzell, Charise MacDonald & Sydney Foy

As two time defending ACAA Champions, the Mount Saint Vincent University's Women's Volleyball team started and finished the season with a sense of purpose and conviction. Their goals were to be the best that they could be, win the ACAA title for a third consecutive year and do well at the CCAA Nationals.

The team kicked off the season with a solid showing at the ACAA Tip off winning 9 of 10 matches. Thanks to a committed team effort to fund raise all summer, the Mount travelled to Toronto in October to compete in the Humber Cup. The Mount played some great teams and placed 3<sup>rd</sup> overall in the tournament.

The Mount kicked off their season in early November and with hard work and training, continued to improve their team play both offensively and defensively. In early January, the team hit the road again and competed in the Coupe de L'Est at Limoilou College in Quebec City. The Mount won the tournament for the first time ever and came back to Halifax feeling more prepared and poised for the ACAA Championships.

The team went 18-0 in ACAA league play and were honoured at the ACAA Volleyball Banquet when Sydney Foy was named to the 2<sup>nd</sup> ACAA All Conference Team, Haley MacDonald, Christina Day and Meaghan MacDougall were named to the 1<sup>st</sup> ACAA All Conference team. Haley MacDonald was named ACAA Libero of the Year, Derrick Brooks was named ACAA Coach of the Year and Meaghan MacDougall was named ACAA Player of the Year.

The Mount defeated DALAC in semi final play 25-19, 25-16 and 25-13. Sydney Foy was named Player of the Game. The Mount faced a very talented UNBSJ squad in the ACAA Championships. The games highlighted the offensive and defensive excellence on both teams. The Mount persevered and showed great patience and skill as they went on to defeat UNBSJ 25-17, 25-22 and 25-22 and win the ACAA Championship title for the 3<sup>rd</sup> consecutive year.. Meaghan MacDougall was named Player of the Game.

The team travelled to Seneca College, Toronto Ont to compete in the CCAA National Championships. At the CCAA All Canadian Banquet Meaghan MacDougall was named to the CCAA All Canadian team and Head Coach Derrick Brooks won a huge award being named CCAA Coach of the Year. Ranked 7<sup>th</sup> going in the Mount faced a very talented Vancouver Island University squad and lost 3-1. The team regrouped and played Capilano College from Vancouver, BC and lost in a heart breaking 5 set match losing 15-13 in the final deciding set. The Mount were determined to leave the tournament with a win and went on to defeat 4<sup>th</sup> ranked Humber College 3 straight on their final day of play. A huge thank you goes out to the Mount's Volleyball families and friends who gave the team so much support.

Derrick Brooks, head coach of the Mount Saint Vincent Mystics, is the 2014 CCAA Women's Volleyball Coach of the Year. It's the first time since 2005 the award has gone to a coach competing in the Atlantic Collegiate Athletic Association. Congratulations Coach Brooks!



# Women's Basketball



**Back Row (left to right):** Chelsea MacKay (Asst. Coach), Sarah Rudderham (Asst. Coach), Kara Hayes, Christina Brien, Kandace Hewlett, Sheray Reddick Jackson, Kalli MacDonald, Kate Gallant, Maddy Hiscock, Kenny Reardon (Asst. Coach), Mark Forward (Head Coach).

**Front Row (left to right):** Nyka Riego, Valle Rivero Gavarron, Kelsey Clory, Jocely Moore, Breanna Buis, Emma Reardon, Marika Williams.

The Women's basketball team posted a 13-8 record and finished third overall in the ACAA. The team had several key injuries late in the second half of the season but the team's depth and determination helped them through the always challenging months of January and February. This year the team missed out on the top two spots in the ACAA and therefore did not have a first round bye going into the conference championships. Their first round matchup was against the Mounties from Mt. Allison University, a team they struggled with throughout the regular season but held a 2-1 win loss record with the loss coming two weeks prior to the championships. The game was close until the third quarter when the Mystics outscored the Mounties by 10 which was the difference in the game. This set up a semifinal match with the Holland College Hurricanes who finished second in the ACAA with a 19-2 record. The Mystics lost all three games to the Hurricanes during the regular season and were in tough against an incredibly talented and athletic team. The first half of the game the Hurricanes came out on fire and scored 48 points on a Mystic defense that is considered one of the best in the league. At half the team was down 23 points but still had some fight left in them. Using their strong defense and some great foul shooting the team pulled to 10 of the Hurricanes with eight minutes to play in the game. However Holland responded with two key steals and a three pointed and the lead went back to 17 points and the Mystics could not recover. The loss knocked them out of the championships and an opportunity to return to the National tournament. The Mystics team will return eleven players from this year's team and look forward to a bright future as this young team develops and builds confidence together for future success.

Christina Brien and Jocelyn Moore played their last games in a mystic uniform and their leadership on and off the court will be dearly missed. Jocelyn was also named to the all-conference first team as a result of her consistent play throughout the season. The team would like to thank all those who supported them throughout the season.

# Men's Basketball



**Back Row (left to right):** Sean Flemming (Asst. Coach), Dustin Poirier, Ryan MacPhee, Alex Harding, Rene Amit, Mac Ellis, Kenneth Reardon (Asst. Coach), Ian MacRae (Head Coach).

**Front Row Left to Right:** David Boulay, Andrew MacKinnon, Arnar Bjornsson, Corey Hollett, Brandon Doyle, Duan Fournier, Emad Khalek.

The Mount Saint Vincent University Men's Basketball program welcomed past player and Alumni Ian MacRae as Head Coach of the Mount Mystics Men's Basketball Team, after Rick Plato assumed the Head Coaching job at Dalhousie University. Coach MacRae did an incredible job guiding the Men's team to a 17-4 record and the best defense in the league. The Mystic season did not start out very well as they struggled to find chemistry between the new systems and each other on the floor. With 1 win and 3 loses to start the team needed to find some answers to their inconsistent play. With a renewed focus on the defense and the exceptional play of Mac Ellis, Corey Hollett and Arnar Bjornsson the team hit its groove and was not going to be denied a top two finish in the league and proved it by posting a 16-1 record from that point on. With a first round bye in the conference championships the team awaited the quarter final results to determine the semifinal matchup on day two which turned out to be the Holland College Hurricanes. The semifinal game was very intense throughout and the Mystics found themselves up by four going into the half. In the third quarter was kind to Holland found their stroke from the three point line and as a result opened up a six point lead that they would not relinquish and at the end of the game the Hurricanes came out on top and the Mystics season came to an abrupt end.

With plenty of youth on their side the Mystics will return eight players next season including Bjornsson and Hollett and will look to build on the team's success this year. The team also says goodbye to seniors Ellis and Alex Leblanc who wrap up very successful careers in a Mystics uniform.

Coach McRae and his staff of assistants were voted as coaching staff of the Year for the ACAA, Bjornsson was voted to first team all-conference and Rookie of the year, Corey Hollett was voted second team all-conference and Mac Ellis was winner of the prestigious Dyrick McDermott defensive player of the year award. The men's team would like to thank all those who supported them throughout the season.

## Women's Soccer



**Back Row (L - R):** Matt Holton ( Coach), Melissa McGee, Jennifer-Melissa Brace, Danielle MacDonald, Nicole Ford, Nicole Power, Emily Rake, Jessica Partridge, Spencer Coulstring, Jaimee Dobson, Marilyn Burke (Manager).

**Front Row (L-R):** Morgan Gray, Francis Merks, Rebecca Savage, Katie Black, Ashley Morrell, Sarah Spruin, Hayley Lombard, Danielle Cyr, Samantha Smith.

After losing 14 players and bringing in an entirely new coaching staff, this year should have been a rebuilding year for the Mystics women's soccer team. The squad didn't get that memo. With a spirited and committed core and the addition of 11 new players combining pace and talent, the team shook past uncertainties and earned a well-deserved Atlantic Collegiate Athletics Association (ACAA) silver medal.

In ACAA playoff semi-final action, the women defeated STU 1-0 with decisive control in possession to earn a spot in the final. The Mystics battled hard versus the home team Holland College in the final but were unable to convert chances, hitting the post many times, and fell 1-0 in a heartbreaker.

The women earned two first team all- conference spots held by Danielle MacDonald and Jessica Partridge while Rebecca Savage and Katie Black earned second team all- conference status. Danielle Cyr was awarded the ACAA Gerry LeBlanc Award for the second year in a row.

With all but one player eligible to return next year, the team is looking to make a run at the National Championships next season. 5th year player Melissa McGee and 4th year players Nicole Power and Jaimee Dobson are wished well as they graduate from the program. The team thanks the hard work, talent and commitment they've contributed during their time at MSVU.

# Men's Soccer



**Back Row (L - R):** Luke Corey (Head Coach), Matt Little, Josh Gallant, Scott Thompson, Jamie Burrell, Carlos Moreno, Max Zwintz, Andrew Mason, Tyler Simmons, Chris Gallant, Blake Murphy, Justin Gillies, Mark Harnish (Assistant Coach)

**Front Row (L-R):** Abudlaziz Aboud, Jeff Rodgerson, Andrew Thompsom, Ryan MacDougall, Mohib Attallah, Patrick Murphy, Carlos Vallarino, Wonik Choi, Jude Petrella, Wonil Choi.

After losing ACAA semifinals in a shoot out last year, the Mystic men's soccer team wasn't letting anything stand in their way of a championship banner this year. With many returning players, the team used its experience, camaraderie and talent to secure a spot in playoffs, finishing the regular season at the top of the league.

An astounding six team members were named to the All-Conference teams. Chris Gallant, Matt Little and Jeff Rodgerson earned first team status while Blake Murphy, Wonik Choi and Mohib Atallah were named to the second team. Tyler Simmons received the Bob Coe Award. Head coach Luke Corey was named ACAA Coach of the year in recognition of leading his team in a very successful season.

Coming off a 7-1-4 record, the Men defeated UNBSJ in playoff semifinals. In the ACAA Final they went on to win a nail-biter against Holland 1-0 with the only goal being scored on a penalty kick secured by Jeff Rodgerson in overtime.

The Mount travelled to UNBSJ in Saint John, NB to compete in the CCAA Men's Soccer Championships. The men left everything on the field each game and had a phenomenal showing at with very close matches. The team played extremely well and lost on a tough call, then penalty kicks which resulted in not moving on to the semi-finals. The team represented the ACAA and Mount very well.

The team says thank you and good luck to graduating players Tyler Simmons, Andy Thompson, Wonik Choi, Wonil Choi, Jamie Burrell and Jude Petrella.



