

2009-2010
Mystics Year in Review



Athletics & Recreation
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msvu.ca/fitnesscentre

2009-2010 – A season of success!



CCAA Women's Basketball Silver Medalists
CCAA Women's Basketball Fair Play Award Recipients

**Four ACAA Championship Titles: Women's Soccer,
Women's Volleyball, Women's Basketball, Men's Basketball**



SIRC CCAA Academic All Canadians:

Jamie Brown (Women's Volleyball), Emily Burke (Women's Soccer), Adam Jewkes (Men's Basketball), Graham Kreig (Men's Soccer), Sarah Parker (Women's Soccer), Amy Peveril (Women's Basketball)

CCAA All Canadians:

Katherine Brien (Women's Basketball), Adam Jewkes (Men's Basketball), Kaili van Vulpen (Women's Basketball)

CCAA Coach of the Year: Amit Batra (Women's Soccer)

ACAA Player of the Year: Katherine Brien, Adam Jewkes

ACAA Rookie of the Year: Jillian Edwards (Women's Soccer),

ACAA Coach of the Year: Amit Batra (Women's Soccer), Mark Forward (Women's Basketball), Rick Plato (Men's Basketball)

ACAA 1st Team All Conference:

Women's Soccer: Christina Henneberry, Sarah Parker, Cassandra O'Neill

Men's Soccer: Mitchell Doell, Ibrahim Yuksel

Women's Volleyball: Jamie Brown

Women's Basketball: Katherine Brien, Amy Peveril, Kaili van Vulpen

Men's Basketball: Adam Jewkes, Stephen Morris

ACAA 2nd Team All Conference:

Women's Soccer: Emily Burke, Stephanie Dockrill, Courtney McMaster

Men's Soccer: Graham Kreig, Giuliano Petrella

Women's Volleyball: Jamie Brown, Carla Smith

Men's Basketball: Carl Wickstrom

Women's Basketball



Back (L to R): Mark Forward (Head Coach), Elaine Horne (Assistant Coach), Christina Brien, Lyndsay MacKinnon, Sheray Reddick-Jackson, Katie Waite, Amy Peveril, Alexandra McKenna, Ann Conrod, Aliesja MacDonald, Dianna Keddy (Assistant Coach), Katy van Vulpen (Trainer)

Front (L to R): Beatrice Cleveland-Thompson, Chelsea MacKay, Katherine Brien, Kaili van Vulpen, Justine Finlayson, Amanda Bianchini

2009-2010 was a bounce back year for the Women's basketball team. After losing their banner the prior season to STU in the finals and then losing former coach and mentor Dyrick McDermott, it seemed like an uphill battle to even want to compete again. However, the 7 returning players from the prior year seemed more determined than ever to redeem themselves and return to their championship form for so many reasons. First year Head Coach Mark Forward and assistant coaches Elaine Horne and Dianna Keddy took over the reins for the team. Fifth year players Kaili Vanvulpen, Katherine Brien, Lyndsay MacKinnon and Amy Peveril provided the team leadership and the determination to raise another banner for the team. After going undefeated in the regular season at 21-0, the team went into the playoffs very focused and ended up redeeming themselves for last season's loss and were ACAA conference champs once again.

After the ACAA championships the team traveled to Kelowna, BC to compete for the CCAA National Championship. After an opening round win against the Alberta Champs, SAIT they then moved on to beat the Quebec conference champs, Dawson Blues, in the semi finals. These two wins allowed them to play for national gold against the two time defending champions, Ste Foy. The Women fought hard and played their best and in the end came up short in the game but won the hearts of many. ACAA champs, CCAA silver medalists, and winners of the CCAA Fair Play Award allowed the team an opportunity to heal from the season past and move forward with the life lessons and knowledge of their own personal strength, commitment and teamwork.

Men's Basketball



Back (L to R): Rick Plato (Head Coach), Jason Carlson (Assistant Coach), Alex LeBlanc, Mac Ellis, Jeremy Skidmore, Alex Hollett, Luke Reynolds, Carl Wickstrom, Adam Jewkes, Sean Boulay, Omar Kadray, Dave Brien (Assistant Coach).

Front (L to R): Derico Symonds, John Caulfield, Todd Williams, Steve Morris, Kenneth Reardon, Anthony Zinn, Jay Kelly, Brandon Doyle.

The Men finished the season with a 20-1 record and their 5th consecutive ACAA Conference Championship title! A first in the ACAA. The only loss this season was to Holland College who they went on to defeat in the conference championship. The men then travelled to Calgary to compete in the CCAA National Championship hosted by SAIT. During the tournament the men struggled to find their game and ended up placing 5th overall with a 1-2 record.

Carl Wickstrom, Stephen Morris and Adam Jewkes provided the senior leadership throughout the season and leave the program as champions. In the 5 years these men have been playing for the Mystics, the team has compiled a record of 108 wins and only 5 losses! All three received ACAA all conference awards along with Coach Rick Plato who received his 11th ACAA Coach of the Year award.

Women's Volleyball



Back Row (L to R): Derrick Brooks (Head Coach), Caroline Smith, Jordan Hunziker, Carla Smith, Emie Lamoureux, Amanda Forrest, Sam Swinamer, Dayna Hill (Assistant Coach).

Front Row (L to R): Andrea Melanson, Nicole Brinson, Brittney MacMillan, Jamie Brown, Jill Taggart, Haley MacDonald.

For the first time in 15 years, the Mount Mystics took home the ACAA Volleyball Championship title!

The team slowly improved as the season progressed and with three weeks before the ACAA Championships, turned a significant corner pushing their team play and mental preparation to a new competitive level which was evident at the ACAA Championships. The Mount Mystics Volleyball team came into the ACAA Championships hosted by UNBSJ, ranked 3rd in league play.

In semi final play, the Mount Mystics convincingly defeated Mount Allison University 27-25, 25-15, 25-16. Captain Jamie Brown was named Player of the Game for the Mount. On Sunday, the Mount Mystics faced the number one ranked team, UNBSJ in a packed gym where the team kept their focus and defeated the UNBSJ Seawolves 25-13, 19-25, 25-16, 25-19. Courtney MacPherson was named Player of the Game for the Mount. The Mystics played as Champions throughout the weekend, making the win a total team effort. Captain Jamie Brown was named to the 2009-2010 ACAA 1st All Conference Team and Co -Captain Carla Smith was named to the ACAA 2nd All Conference Team.

Under the leadership of Head Coach Derrick Brooks and Assistant Coach Dayna Hill, the team traveled to Hull, Quebec to compete at the CCAA National Volleyball Championships. The team was defeated in all three matches. Although not winning any matches, the team played extremely well and gave their opponents good competition. Andrea Melanson, Jamie Brown and Courtney MacPherson were all named Player of the Match for the Mount at the CCAA Nationals.

Caroline Smith and Amanda Forrest were our seniors this year and we recognize their contribution to the Mount Volleyball program. Congratulations to the team on a great season.

Women's Soccer



Back (L to R): Amit Batra (Head Coach), Nicole Pettipas, Jessica Lilly, Jamiee Dobson, Cassandra O'Neil, Breagh MacDonald, Sheila Kerry, Kara Slawter, Sarah Parker, Stephanie Dockrill, Emily Burke, Robyn Homans (Asst Coach).

Front (L to R): Chrissy Henneberry, Courtney MacPherson, Jen Kelly, Joanna Spurway, Morgan LeBlanc, Jill Edwards, Ashley Westhaver, Melissa McGee, Andrea Melanson

Missing: Colin Steeves (Assistant Coach)

The Mount Mystics Women's soccer team took first place in Atlantic Colleges Athletic Association (ACAA) Championship Play held at Holland College, PEI on October 23 - 26. Scoring for the Women were Courtney MacMaster (2), Morgan LeBlanc (1) and Sarah Parker (1). The ACAA Women's Soccer Championship final game action saw the Mystics defeat the University of King's College Blue Devils, 1-0. Jill Edwards, 2009-2010 ACAA Rookie of the Year, scored the only game goal for the Mount. Another major award winner was Amit Batra, MSVU Women's Soccer Head Coach, who was awarded the ACAA Coach of the Year and the CCAA Coach of the Year!

Humber College hosted the Canadian Colleges Athletic Association Women's Soccer National Championships from November 4th to 7th. The Women played three strong games representing the ACAA competing against Fanshawe, College Francois-Xavier Garneau and Humber.

Men's Soccer



Back (L to R): Jamie Burrell, Craig Evely, Tyler Simmons, Jimmy Corey, Luke Bokma, Alex McPherson, Matt Little, Ibrahim Yuksel

Front (L to R): Kevin Burgess, Scott Thompson, Conor Gormley, Mitchell Doell, Ryan Hearn, Wonik Choi, Matt Sullivan, Jude Petrella, Scott Thompson, Bryce Crobsy, Dereck Thibault, Patrick Meagher

Missing: Eduardo Farius, Martin Sichinga, Graham Kreig, Mazen Hafez

The Mount Mystics Men's soccer team gave notice to the league this year that they are committed competitors who are focused on earning the Championship title. Winning their last three games of the season, the Mount Mystics went into play offs ranked fourth. The team played the number one team in the Conference, University Kings College and battled until the last second of play, losing 4-3 in a heart breaking loss. Mitchell Doell and Ibrahim Yuksel were named to the ACAA First Team All Conference and Jude Petrella and Graham Kreig were named to the ACAA second team All Conference.

Coach Luke Corey, Assistant Coach Eduardo Ferias and the team would like to recognize and thank seniors Luke Bokma, Craig Evely, Ibrahim Yuksel, and Ryan Hearn.

Fitness

It was a busy year with a marked increase in cardio equipment usage and fitness class attendance by the student body and our community members. Trainers conducted One-to-One program design, blood pressure readings and body fat measurements. Zumba was added to the Fitness Program and it was a tremendous success! It packed the exercise room with over 30 participants each night. We also teamed up with nutrition students and offered a new weight management/loss program called Choose 2 Lose. It incorporated nutritional and physical activity guidance to help participants lose weight and live active, healthy lifestyles.

Day Camp



2009 Summer Day Camp Leaders:

Back row (L to R):
Kaylea Hutt
Lyndsay MacKinnon
Heather Lowerison

Middle Row (l to R):
Craig Evelyn
Megan Power
Christie Blades

Front Row (L to R):
D'Arcy McDaid
Jeremy Neilson
Jillian Arthur

Supervisor:
Adele MacLean

Celebrating its 26th year, our Day Camp program for children ages 5-11 has continued to grow in popularity among the community, staff & students of MSVU. Taking in 60+ children per day during the summer, 40+ during In-service days, and 50+ during March Break, our camps have provided families with much needed safe and active childcare. Staffed with MSVU students, our summer camp offers daily swim trips to Northcliffe Pool (Clayton Park), outdoor play throughout campus, activities in our gymnasium, arts n' crafts, and much more.

Recreation

2009-2010 was an exciting year for Campus Rec. Campus Rec events included the ever popular Grinch's Gala and Mardi Gras Parties, two of the largest student social events on campus. The Rec Society raised over \$600 for the Annual Christmas Toy Drive through chocolate sales and the proceeds from the Gala. Right To Play Awareness Day went from a one day to a full week of activities. Two new rec groups were formed, the Running Club which met weekly in the fall and the Mount Choir that brought together over 20 students, faculty staff and friends of MSVU. The choir, directed by Jonathan Tyson performed at the Annual Women's Day Celebration and also to the residents of the Sisters' of Charity Caritas Residence.

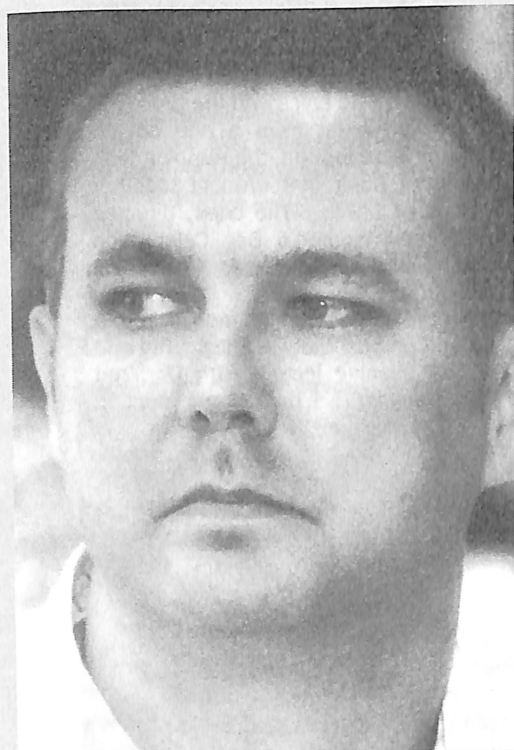
New programming included Wii Wednesdays and Movie Mondays in the Rosaria Cafeteria. Outdoor events included Campus Wide Flashlight Tag and our first "Murder Mystery Crow Walk", an evening lecture with Dr. Fred Harrington. Monday Night Rec Nights in the gym included events such as Dodgeball, Soccer, Volleyball and Riot Cup, while Badminton, Ice-hockey and Co-ed Basketball continue to grow in popularity. Instructional classes included Salsa, Tae Kwon Do, Pilates, Karate, Women's Self Defense, Hip Hop, First Aid and Babysitting Training and the ever popular Yoga. Team of the Year for 2009-2010 was the Best Buddies, a student group who provides friendship and recreational activities for adults with mental disabilities. The Margaret Ellis Award went to Joanne Swett and Jessica Isnor.

Monty Mystic's Facebook network now in its second year and has grown to over 1400 friends. Monty's Facebook expanded to included alumnae groups for all the Mount's varsity alumnae teams. In their first year these groups have connected over 100 current and former athletes.

2009-10 Intramural Hockey Team



In Memory Dyrick McDermott



Dyrick McDermott, coach of the Mount Mystics Women's Basketball team, passed away in April of 2009.

Dyrick started at the Mount in 1989 as a player for the Men's Basketball Team. He was a successful student athlete and helped the Mount Mystics win the 1991 CCAA Men's Basketball Bronze Medal.

In 2001 Dyrick returned to the Mount as Head Coach for the Women's Basketball Team. From 2001 to 2009, Coach McDermott earned a win-loss record of 160-17 and led his team to the 2008 CCAA Silver Women's Basketball medal.

The Mount Saint Vincent University 2009-2010 Women's and Men's basketball teams dedicated their season to Dyrick's memory. The teams wore a black ribbon on their uniforms to symbolize Dyrick's integrity and commitment to family and hard work.

Coach McDermott's commitment to excellence, integrity and family will continue to be remembered and celebrated. In memory of Dyrick, the Mount has established the Dyrick McDermott Invitational Basketball Tournament and the Dyrick McDermott Leadership Award.

"How do we win ... together."
Dyrick McDermott



Dyrick McDermott Invitational



HOSTED BY
Mount Saint Vincent University

The Dyrick McDermott Invitational has been established in memory and honour of the late and inspirational Mount Saint Vincent University Women's Basketball Coach, Dyrick McDermott. This tournament will be held annually on the New Year's weekend in his memory.

As was Coach McDermott's vision; the Mount has filled the tournament with top caliber college and university teams: Mount Saint Vincent University, Memorial University, Dalhousie University, Vanier College, Ste. Foy College, University King's College, University of Cape Breton, Humber College and Acadia University.

The winners of the 2009-2010 Dyrick McDermott Invitational were:

Women's Basketball: Acadia

Men's Basketball: Cape Breton University

Mystics Alumnus gives the gift of DR.DISH



***Ibrahaim (Abe) Toulaney, Rick Plato and the
2009-10 Mystics Basketball Teams***



In January 2010 Mystics Alumnus Ibrahaim (Abe) Toulaney & Leo's Donair surprised the Men's Basketball Head Coach Rick Plato and the Mystics Varsity Basketball program with the gift of Dr. Dish.

"I want to show my appreciation to the Mount and the athletics program. They have that has given me so much during my 5 year career and with that being said, I wanted to give back to the program. I think that each time an alum does so it will only make the Mount's athletic program improve for the future."

Dr. Dish is the premier full court offensive and defensive Drill Machine. It will certainly revolutionize the way the Mount Mystics train and give them a competitive edge. It provides a fast and efficient way to teach and train the fundamentals of basketball. It simulates realistic game situations by providing shooting, rebounding, blocking and tipping practice from anywhere on the court.

The Mystics Basketball program would like to thank Abe for his generosity. His gift will ensure that future Mystics have the technological opportunity to continue their quest for excellence!