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# *Athletics* - *Recreation* **The Review** April, 2001

**The Mount Saint Vincent University Athletics/ Recreation Department staff would like to thank all students, staff, faculty, and community members for making our year such a great success. We are extremely excited to have had our MSVU Staff and Faculty membership grow over 200 percent in the past three years!**

This year, we brought in some innovative new programs, as well as continuing with our regular successes. Some of our enduring offerings include yoga, golf lessons, St. John Ambulance Babysitting and First Aid courses, Karate, Tae Kwon Do, Salsa, Swing and Latin Dance, Seniors Soft Aerobics, and a wide variety of fitness classes. The staff continues its quest to bring our members the latest health and wellness trends. New events included a Breast Health Clinic, Pilates, and a Women's Self-Defense course.

Our recreation and intramurals department organizes a variety of events for students and community members throughout the year. This year started with a Bus Tour to Peggy's Cove and a Survivor's Night at Vinnie's. Monthly coed tournaments included activities such as soccer, rugby, ultimate frisbee, basketball, volleyball and TGIF Sports Nights. A "Stay On Campus Weekend" in October consisted of three days of fun and games designed to encourage campus spirit. A Cycling Club was formed which included a mountain bike workshop, while the Outdoors Club took its members horseback riding and to a wall climbing clinic at Rock Works. The Moosehead Intramural Sports Weekend was an exciting new undertaking in January. Our Annual Martock Ski Trip was a huge success again, as was the Christmas Skate at the Metro Centre and the

Moosehead Hockey game. Finally, the heavy snowfall was not wasted as many students took to the Motherhouse hill for a bit of tobogganing.

Our varsity teams have all had very strong seasons, winning many team and individual awards. Highlights include an ACAA Badminton Championship led by a fourth place finish for Chris White and Tanya Hudson

at the CCAA National Tournament. We had eleven athletes chosen to the All-Conference Team, two league Rookies of the Year, two Coaches of the Year, and an ACAA Most Valuable Player award for Ian MacRae. Also, Kim Fralick, Tanya Hudson and Mark Chaisson earned CCAA Academic All-Canadian honours. As our varsity teams continue their strong tradition, we invite our alumnae family and

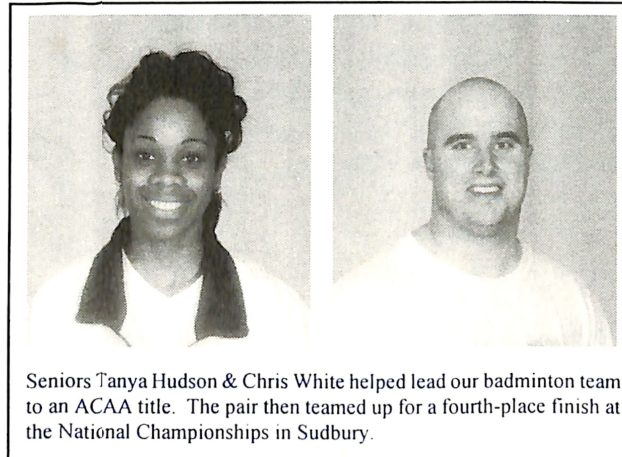
friends of the Mystics back for our Second Annual Dinner and Silent Auction on April 7<sup>th</sup>. With a badly needed new wood floor being installed this coming year we are grateful to have such strong support from our administration and alumnae to make this dream a reality.

Thank you once again for making our year such a memorable one, and we look forward to meeting all your health and fitness needs in the future.

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Seniors Tanya Hudson & Chris White helped lead our badminton team to an ACAA title. The pair then teamed up for a fourth-place finish at the National Championships in Sudbury.



## 2000 - 2001 WOMEN'S BASKETBALL

**(l-r):** Angie McLeod (Head Coach), Kim Fralick, Wynne Van Thielen, Vicki Veinotte, Amanda Irving, Sarah Cassidy, Janis Hunt, Nadia MacDonald, Stephanie Hurley, Julie Clattenburg, Melissa MacKinnon, Nicole Phipps (Assist. Coach), Tara Kinch (Assist. Coach)  
**Missing:** Sue McMaster (Assist. Coach).

The women's basketball team had a youthful look this year, with six rookies and not one senior player on the roster. The Mystics won some tough games on the road against St. Thomas, NSAC and Mount Allison. This was highlighted by a twenty-point trouncing of first-place NSAC on their home court in Truro. Great team chemistry and dedication was predominant as the team finish four points shy of first place. Although the Mystics scored at will the last trip they made to the Truro gym, the players could not seem to take the lid off the rim in semi-finals. Contrary to this, their opponent Mount Allison could do no wrong as they took an early second half lead and held on to win 66-53. With everyone returning next year and a new wood floor to run on, the Mystics will be the most feared team in the league. Congratulations to Nadia MacDonald, Vicki Veinotte, and Kim Fralick on their All-Conference awards. Angie McLeod received the Coach of the Year while Fralick was also named ACAA Rookie of the Year and CCAA Academic All-Canadian.



## 2000 - 2001 MEN'S BASKETBALL

**2<sup>nd</sup> Row (l-r):** Andrea Plato (Manager), Mike Stewart, Jayson Taker, Jason James, Denzel McRae, Jonathon Hall, Colin Brien, Rick Plato (Head Coach).  
**1<sup>st</sup> Row (l-r):** Chad Clothier, Ian McRae, Morgan McWade, Robert Turnbull, Alan Williams, Mike Olsen, Chuck Harrison.  
**Missing:** Dyrick McDermott (Assist. Coach).

The men's basketball team started the year by playing as tough a team as you can get in defending National Champions St. F.X. in their first home game since they won the 2000 C.I.A.U. title. The Mystics were hoping that a strong pre-season schedule would help prepare them for another competitive season in the ACAA. With some new faces this year, the team struggled to find consistency. They were not alone however, as all of the teams were very close and "upsets" seemed to occur in the league every week. Tough defense allowed the Mount team to win enough games to garner a second-place finish in the season standings. But, what seemed to be the team's Achilles heel all season would eventually be their downfall as they had trouble putting points on the board and lost a close game to Mount Allison in play-offs. MSVU's Jayson Taker was selected to the All-Conference team while Coach Rick Plato was given the nod as the league's Coach of the Year. Congratulations to senior Ian MacRae, who was chosen as the ACAA's Most Valuable Player.

The volleyball team had a roller coaster season this year. The Mystics had some very close matches with the top teams in the league, but lost a few crucial games that would come back to haunt them. Tied with UNBSJ for the final playoff spot, the Mount missed making the playoffs by an agonizing eight points. Injuries to a couple of starters hurt the teams' drive to pull out a much-needed win down the stretch. There were some marked improvements in players' performances over the season. Building on this for next year, the squad is looking forward to dual-sport athlete Sarah Gillis (soccer/volleyball) who was named Second Team All-Conference, while senior Kate Morrison was chosen for the First Team. Congratulations Kate, and thank you for four great years!



## 2000 - 2001 WOMEN'S VOLLEYBALL

**(l-r):** Angie Garner-Horne (Coach), Alyson Veinotte, Devon Day, Kelly Savary, Lori Matheson, Keely Garner, Leanne Whiting, Carolyn Carter, Joni Hirtle, Amanda Lindsay, Kate Morrison, Judi Burgess (Coach)  
**Missing:** Jennifer MacLean, Sarah Gillis

The perennial powerhouse soccer team once again finished the regular season in first place. Heart-breaking losses in penalty kicks the previous two years had made the players determined to win the ACAA banner. The Mystics met UNBSJ in the final and dominated the play throughout the game. The closest chance the team had was a shot that hit the crossbar and landed on the goal line before the UNBSJ keeper could smother the ball. Without a score in regulation and overtime, the final would again be decided by penalty kicks. Although MSVU was confident that the better team would prevail, luck and fate were not on their side. With a strong core returning, the Mount will be ready for the championship next year. Congratulations to Julia Champniss, Leanne O'Hanley, and Nicolle Champniss, and Jen Towner for their All-Conference awards. Thank you to seniors Carla Melanson, Leanne O'Hanley, Nicolle Champniss, and Gillian Costelo for their invaluable contributions to the Mystics program.



## 2000 - 2001 WOMEN'S SOCCER

**2<sup>nd</sup> Row (l-r):** Angie McLeod (Head Coach), Sara Power, Andrea Doucette, Jenna Clarke, Wynne Van Thielen, Amy Doyle, Carla Melanson, Leanne O'Hanley, Jen Towner, Krista Taylor, Chris Roper (Assist. Coach).  
**1<sup>st</sup> Row (l-r):** Sarah Gillis, Gillian Costelo, Nicolle Champniss, Julia Champniss, Sarah Allt, Lori MacDonald, Stephanie Howes, Robyn Chisholm.

The badminton team was on a mission this year to bring home its first ACAA Championship since 1994-95. Team captain Chris White, along with veterans Tanya Hudson and Susan Munro wanted more than anything to add a team title to their accomplishments. It was apparent from the first tournament that with the addition of some very talented rookies, the Mystics were looking strong. A total team effort was demonstrated as the team achieved its goal by winning the 2000-01 ACAA banner. MSVU had three first-place finishes: Tanya Hudson (Women's Singles); Jon Elliott and Mark Chiasson (Men's Doubles); Chris White and Susan Munro (Mixed Doubles). Erin Joudrey and Melanie Hoddinott came second in Women's Doubles, while Dave Best placed third in Men's Doubles. At the CCAA Nationals in Sudbury, Chris and Tanya competed in Mixed Doubles, while Jon and Mark teamed up in Men's Doubles. These athletes were tremendous representatives who played very well and helped the conference win the Fair Play Award.



## 2000 - 2001 COED BADMINTON

(l-r): Cheri Crosby, Melanie Hoddinott, Tanya Hudson, Susan Munro, Dean Lee, Jon Elliott, Chris White, Mark Chiasson, Dave Best, Erin Joudrey, Mike Hingston (Head Coach).

The Ath/Rec Society had another successful year boosting campus spirit through athletic and recreational activities. This year's events included the September Survival Night and the Annual Halloween Party and Pumpkin Carving contest. The society once again hosted the Stay On Campus Weekend. This event included intramural tournaments, movie day and cheering on the Mystic Soccer team (which to everyone's surprise, included our very own Mount Pyramid Cheering Team... Go Mystics!). The Society played an active role in hosting the reception at the Annual Christmas Skate, volunteering at all the Mystic home basketball games, and promoting campus life during the Open Campus Days information fairs in October and February. We wish to thank these outstanding students for their role in school spirit and invite everyone to their last party of the year, Karaoke Night at Vinnie's on Friday, March 30.



## 2000 - 2001 ATH/REC SOCIETY

(l-r): Elizabeth Sencabaugh, Alison Banks, Sarah Power, Sunny Patch, Cherie Crosby.  
Missing: Laura Walsh.