

mystics

year in review

April 2009



Sara Edsall

MSVU Women's Soccer
CCAA Academic All Canadian
ACAA All Conference 1st Team



Sarah Parker

MSVU Women's Soccer
CCAA All Canadian
ACAA Player of Year
ACAA All Conference 1st Team



Matt Szeto

MSVU Men's Soccer
CCAA Academic All Canadian
ACAA All Conference 1st Team



Patrick Johnston

MSVU Men's Soccer
CCAA Academic All Canadian
ACAA All Conference 2nd Team



Katherine Brien

MSVU Women's Basketball
CCAA All Canadian
ACAA All Conference 1st Team



Jason Carlson

MSVU Men's Basketball
CCAA All Canadian
CCAA Player of the Year
ACAA Player of the Year
ACAA All Conference 1st Team



Rick Plato

MSVU Men's Basketball
ACAA Coach of the Year



It was another successful season for The Mount varsity athletics program. The Men's basketball team was once again victorious, collecting their 4th consecutive ACAA title and 11th overall. The team was recognized as the #1 ranked team in the CCAA for the entire season, a first for any Atlantic College team, and represented our conference at this year's CCAA championships in Prince George, BC. Three of our teams were led by 1st year head coaches. Derrick Brooks took over the Women's Volleyball program and has led them to the ACAA semi finals, Amit Batra is now at the helm of the Women's soccer program, and is working hard to continue the winning tradition of the women's soccer program and Luke Corey has accepted the challenge of leading our Men's soccer program back to championships form. Our Athletes have continued to dominate the individual awards, winning 3 All Canadian, 3 Academic All Canadians, 1 ACAA MVP, 1 ACAA Rookie of the Year, 1 ACAA Coach of the Year, and 18 All Conference Awards.

All Conference winners included Sarah Parker, Sarah Edsall, Deidre Gormley, Sarah Ali, Amanda Doyle and Cassandra O'Neil (Women's Soccer), Matt Szeto, Patrick Johnston, Mark Harnish (Men's Soccer), Jasna Toprek, Jamie Brown, Courtney MacPherson (Women's Volleyball), Katherine Brien, Kaili Van Vulpen (Women's Basketball) and Jason Carlson, Ibrahim Toulany, Adam Jewkes, Steve Morris (Men's Basketball). Mark Harnish (Men's Soccer) was awarded the prestigious Bob Coe Award, presented to a player in the ACAA that best combine the qualities of leadership, sportsmanship, enthusiasm and ability both on and off the field.

All Canadians were awarded to Katherine Brien (Women's Basketball), Sarah Parker (Women's Soccer) and Jason Carlson (Men's Basketball). ACAA Rookie of the Year honours went to Women's Soccer star Chrissy Henneberry. Sarah Edsall, Patrick Johnston and Matt Szeto won Academic All Canadian honours, which is presented to a varsity athlete who is an all conference player with an academic average of 3.70 or higher. Sarah Parker (Women's Soccer) was named ACAA MVP and led the CCAA in scoring this season. Head Coach, Rick Plato received ACAA Coach of the Year for the 10th time and Jason Carlson was recognized as the ACAA most valuable player in Men's Basketball as well as CCAA Player of the Year. This is the first time an ACAA Men's Basketball player has received this award.



THE MOUNT
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Women's Basketball



This years MSVU Women's team welcomed the addition of nine new faces. While many in the league saw this year as an opportunity to take advantage of an inexperienced team and dethrone the reigning ACAA champions, the Mystics believed they had the talent and work ethic to become an ACAA elite team. The Women were able to compile an incredible 19-2 league record and entered playoffs in 2nd place.

MSVU defeated the host, Mount A Mounties, in the semi final but were unable to hold off an experienced STU team and lost a hard fought ACAA finals. Congratulations to Katherine Brien and Kaili van Vulpen, who were named ACAA 1st Team All Conference.

Back (L to R): Brandy Jones, Chelsea MacKay, Katy van Vulpen, Kaili van Vulpen, Erin Chalk, Chelsea Pero, Natalie Gould, Dyrick McDermott (Head Coach).

(Front (L to R): Dianne Keddy, Katie Waite, Katherine Brien, Lyndsay MacKinnon, Amy Peveril, Ann Conrod.

Missing: Elaine Horne (Asst Coach) & Rita Riekest

Men's Basketball

2008-09 ACAA Champions

After winning their 4th consecutive ACAA Championship, the CCAA #1 ranked Mystics entered this year's National Championships with high expectations. Although the team did not make it to the podium, they represented the ACAA and the University very well making it to their 4th consecutive National semi final game. The team dropped a disappointing decision to Champlain College of Montreal and was then eliminated from the medal hunt with a tough loss to eventual bronze medalist Algonquin College. Congratulations to ACAA 1st Team All Conference winners Jason Carlson, Abe Toulany and Adam Jewkes and ACAA 2nd Team All Conference winner Steve Morris. Head Coach, Rick Plato, was named ACAA Coach of the Year. Jason Carlson was also named CCAA Player of the Year, making him the first player from our conference to win the honour. Abe Toulany was recognized with a 2nd Team National Tournament All Star for his outstanding efforts at Nationals.



Back (L To R): Rick Plato (Head Coach), KC Brooks, Adam Jewkes, Carl Wickstrom, Jason Carlson, Alex Howlett, Jeremy Skidmore, Ibrahim Toulany, Anthony Zinn, Anton Berry (Asst Coach), Dave Brien (Asst Coach).

Front (L To R): Ian Baker, Derico Symonds, John Caulfield, Gary Gray, Steve Morris, Omar Kadray, David Howe.

Missing: Sean Boulay, Mark Forward (Asst Coach), Andrea Plato (Manager).

Women's Soccer



Back (L to R): Amit Batra (Head Coach), Colin Steeves (Asst Coach), Deirdre Gormley, Chrissy Henneberry, Morgan LeBlanc, Lauren Martin, Amanda Haggerty, Stephanie Dockrill, Brittney MacMillan, Evelyn Stern, Mikela Sani, Amanda Doyle, Robyn Homans (Asst Coach).
Front (L to R): Emily Burke, Sarah Parker, Sheila Kerry, Sarah Ali, Amy Fischer, Breagh MacDonald, Sara Edsall, Cassandra O'Neill, Danielle DeCoff, Courtney McMaster, Nicole Pettipas.

It was another solid season for the MSVU Women's Soccer team. First year Head Coach Amit Batra led his team to a 10-1-1 record and first place in the ACAA regular season. Although expectations were high going into the playoffs, the team lost in a shoot out to Atlantic Baptist University in the conference semi finals. Congratulations to Sarah Parker, the second year Mystic led the Country in scoring and was named ACAA First team All Conference and league Most Valuable Player. First Team All Conference honours also went to Sarah Edsall and Deidre Gormley. Second Team All Conference award winners were Sarah Ali, Amanda Doyle and Cassandra O'Neill. ACAA Rookie of the Year was awarded to Chrissy Henneberry. Also, Sarah Edsall was awarded an Academic All Canadian, which is presented to a varsity player who is an all conference award winner with an academic average of 3.70 or higher.

Men's Soccer

Luke Corey ended the season feeling very optimistic about the future of the Mount Saint Vincent men's soccer program. The first year Head Coach took over a struggling team and transformed them into a team with pride and focus. The mix of youth and maturity preformed well every game and although they failed to make the playoffs with a 3 win, 2 tie and 5 loss record, they have gained experience and developed a strong core group of players for the future. Congratulations to ACAA First Team All Conference award winner Matt Szeto, Second Team All Conference award winner Patrick Johnston and to Mark Harnish, winner of the prestigious Bob Coe award, which is presented to a player in the ACAA who best combine qualities of leadership, sportsmanship, enthusiasm and ability both on and off the field. Matt Szeto and Patrick Johnston were also named Academic All Canadian, a very prestigious honour in Canadian athletics.



Back (L to R): Luke Corey (Head Coach) Conor Gormley, Jamie Burrell, Jeff Goodwin, Bryce Crosby, Billy Connolly, Matt Szeto, Stefan Sears, Ibrahim Yuksel, Ed Faras (Asst Coach).
Front (L to R): Kevin Burgess, Hakan Bahadir, Onur Portakal, Jimmy Corey, Mohammed Dalloul, Matt Sullivan, Sean Hornbuckle, Patrick Johnston, Mark Harnish, Craig Evely, Martin Sichinga, Keith Partridge.
Missing: Luke Bokma, Mazen Hafez, Ian MacDonnell (Asst Coach).

Women's Volleyball



Back Row (L to R): Matt John (Asst Coach), Caroline Smith, Jordan Hunziker, Courtney MacPherson, Amanda Haggerty, Jamie Brown, Rebecca Priest, Derrick Brooks (Head Coach).

Front Row (L to R): Brittney MacMillan, Emma Patterson, Jasna Toprek, Andrea Melanson, Jill Taggert.

First year Head Coach, Derrick Brooks, is pleased with his teams' growth this season. With six first year players, the team was not expected to challenge the ACAA elite for a championship. Someone forgot to tell this to the Mystics. Led by 1st team All Conference winners Jasna Toprek, Jamie Brown and 2nd team All Conference winner Courtney MacPherson, the Women's Volleyball team finished the season with a 13-5 record and in 3rd place in the ACAA. The young Mystics recorded victories over eventual league champions Mt A, and 2007 ACAA champs STU to serve notice they will be the team of the future. Congratulations to the coaching staff and the entire team for a great season.



Fitness News:

"Health like life is a journey. All you have to do is take the first step." Anonymous

Congratulations to those who joined the Fitness Centre for the first time. The weight room over the past year was busy with one-to-one programs, equipment purchases, maintenance and opportunities to take part in health/fitness/wellness initiatives such as percentage body fat testing, flexibility testing, blood pressure readings, and wellness challenges. The fitness program included almost twenty classes per week (morning program includes child care) and introduced BELLYFIT to the program.

Recreation News: