

►► FEBRUARY 2007

mystics

athletics & recreation

newsletter

Visit Us Online: www.msvu.ca/athletics

February is National Heart Month

Have your blood pressure taken for FREE by the Trainer on duty!



When: Thursdays - February 8, 15 & 22
Time: 4:00 to 8:00pm
Where: The Mount Fitness Centre



Take Care of YOUR HEART

DID YOU KNOW?

The Mount Fitness Centre offers
One-To-One Packages:

Book with a qualified Trainer for:

- \$40 for 2 One-To-One Sessions
(MSVU Students \$30)
- \$50 for 4 One-To-One Sessions
(MSVU Students \$50)

Call 457-6420 to make your appointments.

FITNESS LEADERSHIP TRAINING & CERTIFICATION

Basic Fitness Theory – Module 1

This theory course is the entry level training
module for certification of fitness professionals.

Date: February 20-22 from 10:00-4:00pm

Fee: \$105 - Includes manuals and materials

Register at the Mount Fitness Centre



Excellence • Innovation • Discovery

RECREATION SOCIETY

Join us as we get ready to plan a
number of fun events for
February and March.
New members always welcome!

Thursday's from 4:30-5:15pm
Feb. 1st, 8th and 15th
in the Fitness Centre Study Hall.

Mardi Gras Tournaments

THE MOUNT
Fitness Centre
902.457.6420

www.msvu.ca/fitnesscentre

VARSITY NEWS

VARSITY HOME GAME SCHEDULE

WOMEN'S VOLLEYBALL

Sat Feb 3	MSVU @ STU	3:30pm
Sun Feb 4	MSVU @ STU	10am
Wed Feb 7	NSAC @ MSVU	7pm
Sat Feb 10	UNBSJ @ MSVU	12pm
Sun Feb 11	MTA @ MSVU	11am
Wed Feb 14	MSVU @ KINGS	7pm
Sat Feb 17	USTEA @ MSVU	4pm
Sun Feb 18	USTEA @ MSVU	11am
Feb 24-25:	ACAA Championships at NSAC	
Mar 8-10:	CCAA Championships at Capilano College, B.C.	

WOMEN'S & MEN'S BASKETBALL

Sat, Feb 3	MSVU @ STU	6pm(w) & 8pm(m)
Sun, Feb 4	MSVU @ STU	12:30pm(w) & 2:30pm(m)
Sat, Feb 10	MTA @ MSVU	3pm(w) & 5pm(m)
Wed, Feb 14	NSAC @ MSVU	6pm(w) & 8pm(m)
Sat, Feb 24	KINGS @ MSVU	2pm(w) & 4pm(m)
Sun, Feb 25	ABU @ MSVU	1pm(w) & 3pm(m)
Mar 2-4:	ACAA Championships at MTA	
Mar 12-14:	CCAA Men's Championships at NSAC	
Mar 15-17:	CCAA Women's Championships at Grant MacEwan	

WOMEN'S VOLLEYBALL

The Women's volleyball team is currently in 3rd place in the ACAA, with an 9-5 record. The team controls their own fate in February with games against Mount Allison and UNB Saint John. A late season surge could vault the Mystics into a good playoff position and give the team the boost they need to defeat the five time ACAA champions Saint Thomas Tommies. We know you can do it! Seniors Allison Saunders, Kelly Smith and Candace Garland are working hard to lead their team into the playoffs! Good Luck Mystics!

MSVU Intramural Hockey February Game Schedule

Catch the Mount Intramural Hockey Team
in action at Saint Mary's University

Tuesday, February 6 at 11:30pm:
Mount vs Dasboot

Friday, February 9 at 1:00pm:
Mount vs Indy2

Friday, February 16 at 2:00pm:
Mount vs Indy1

WOMEN'S BASKETBALL

It's has been a great start to the season for this years Women's basketball team. The Mystics are currently 14-0 and sit in first place in the ACAA, and 7th in the CCAA national rankings. In spite of their good record, team captains Erin Zinck, Shannon Labre and Jenna Dunn understand a good regular season record does not guarantee a title. They continue to motivate the team to work hard and stay focused on their goal of winning the ACAA championship.

FINAL HOME GAMES – SENIORS DAY

Support your Mystics in their final home games of the season and celebrate Varsity Seniors Day. Women's Volleyball is February 18th and Women's & Men's Basketball is February 25th. We look forward to seeing everyone there, come out to show your support!

MEN'S BASKETBALL

The defending ACAA champions have also started the season strong, with a 14-0 record and a 5th place ranking in the CCAA National standings. Although the majority of the team is first or second year players, team captains Brendon Arnold, Damian Gay and Mark Brien believe their chemistry and maturity help the team stay on track. The Mystics end the season with four home games in February, before they attempt to repeat at the ACAA Champions in March at Mount Allison.



Athletics Initiatives Dinner & Silent Auction

March 31st, 2007
Rosaria Student Centre
Come Join Us – All Welcome

8th Annual Mount Saint Vincent Mystics

Dinner and Silent Auction
Silent Auction throughout the evening

TICKETS:

Complete the ticket order form online at
www.msvu.ca/athletics or phone 457-6370

CAMPUS RECREATION



February 5
Dodgeball at 9:30pm
February 13
"Pennies from the Heart"
February 28
TV Show Games Night

Intramural Street Hockey League

Sundays, 2:00-4:00pm - Evaristus Parking Lot

February 11th is Draft and pick up games

Team Games Begin: March 4, 11, 18

Sign-up individually at the Mount Fitness Centre. Teams will be created for play on March 4. The Athletics / Recreation Office has some sticks. Participants are responsible for their own safety equipment. **FREE** to play. Must be a Mount Student.



Indoor Soccer

Every Saturday Night in February
February 10, 17, 24
7:00-9:00pm. Rosaria, Gym
Mount Students Only

Student Life Workshop

Friday, February 9th, 2:00-4:00pm

MSVU Department of Student Affairs & MSV Students' Union are interested in serving you better and creating a campus alive with student life.

We are inviting Mount students to an important focus workshop to address the topic of student life. On Friday, February 9, from 2-4pm there will be a Council of Societies assembly in the Rosaria Board Room, room 303. We invite students to share their thoughts and ideas on how we can make the Mount better for you other students.

Please join as we plan our vision for the future and create a bridge between the student body and the university community.



FREE Movie Night

OPEN SEASON

Sunday, February 11
7:00pm in Seton Aud. D
All Welcome

Study Break Feb. 19-25

The Fitness Centre will be open regular hours during study break.

All intramurals and fitness classes are on as scheduled.

3rd Annual MARDI GRAS super pub



On FRIDAY, MARCH 9th
we open Vinnie's and
the Rosaria Lobby to

bring you one of the best events this year!

Get your tickets early to avoid disappointment:

Tickets: \$5 for MSVU Students

\$7 for Non-MSVU students

Note: Vinnie's Pub Rules apply.

Starting February 12, purchase your tickets at the Mount Fitness Center or the Students' Union Info Desk.

Hosted by the Rec Society and Students' Union.



3 on 3 Basketball Fundraiser Tournament for Breast & Prostate Cancer

Wednesday, March 21
7:00-11:00pm, \$10 a player.

Guaranteed three games! Teams of 3-4 players. Varsity and non-students welcome. Must have a least one female on the court at all times.

Programs for Children

Employment & Volunteer

JUST FOR KIDS!

Bully Proof for Klds

Date: Saturday, Feb. 3rd from 1:30-4:30pm

Fee: \$20/child, \$10 each additional sibling

Program Description:

"Bully Proof" is assertiveness training for children. Children will learn how to walk, talk, act, and prepare a plan for dealing with bullies. It's about the psychology of bullying and how to avoid looking like an easy target. Parents and guardians are encouraged to attend free with their registered child.

St. John's Ambulance Babysitting Course

Program: For girls and boys Grade 6+

Fee: \$35 each

Dates: Wednesday, March 14th
OR Friday, May 11th

Time: 9:00am - 4:00pm

Location: Rosaria - Gymnasium

Inservice & March Break Camps

Program: For children in grades primary to 6.
For full camp descriptions
www.msvu.ca/fitnesscentre

Fee: \$28/day or \$130/ week.
- 2nd child receives a 10% discount

Dates: Friday, February 23rd
March Break- March 12-16
Friday, March 23rd
Friday, May 11th

Time: 8:00-5:30pm

Location: Rosaria Gymnasium

**The Mount
Fitness Centre
Is Open during
Spring Break!**

EMPLOYMENT OPPORTUNITIES

MARCH BREAK DAY CAMP LEADER

The Athletics and Recreation Office at Mount Saint Vincent University is looking for enthusiastic and energetic individuals to join our March Break Day Camp Team.

If you are available to work between March 12-16, have experience working with children between the ages of 5-11 and are interested in this opportunity, please submit your resume and class schedule to Tara MacPhee in the Athletics and Recreation Office, Rosaria Centre Room 127 or by e-mail at mount.fitness@msvu.ca.

Deadline: Tuesday, February 27th.

WEIGHT ROOM ATTENDANT

The Mount Fitness Centre requires the services of a Weight Room Attendant to clean and do general maintenance on it's fitness equipment. Approximately 4 hours per week (on your schedule), \$8/hour.

Please see Pat MacDonald at the Ath/Rec Office or e-mail resume to mount.fitness@msvu.ca