



Pride of the Mount: our team coaches in 1989, Year of the Coach. Practicing their tosses are (front, l to r) Sherry Parks, badminton; Linda MacLeod, soccer; June Lumsden, volleyball; (back, l to r) Bill Bent, cross-country running; Patsy Pyke, soccer and basketball; Anne Lindsay, basketball; Howie Jackson, volleyball. Absent from the photo are Rick Plato, men's basketball, and Tina Broderick, women's soccer.

1989 Focus on Mount Coaches

With almost 400,000 Canadians involved in coaching, the N.S. Sport and Recreation Commission has designated 1989 Year of the Coach. A special word of thanks goes to the dedicated coaches who lead and support our Mount athletes. Mount coaches, 70 percent of whom are women,

see coaching as a profession. The teams they lead at the college conference level include women's and men's basketball, women's volleyball, co-ed badminton, women's soccer, and women's and men's cross-country running. Through professional training courses such as the National
(cont'd on AR-3)

1988-89: The Year in Review

In the past seven months, more than 300 people participated in organized intramural programs and special events on the Mount campus.

Participants invested a total of 4000 person hours in intramural team sports including volleyball, basketball, badminton, soccer and ball hockey.

This year's program included some off-beat events, such as the Sil-lympics (the Silly Olympics) in January, to kick off the second term. Teams of four competed in such events such as paper-airplane making and a silly obstacle course.

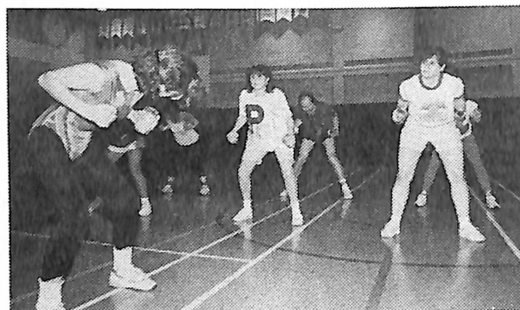
The annual year-end intramural party, held March 19, celebrated student participation in intramural sports.

Fitness programs were also also very popular in '88-'89, led by a team of 10 qualified fitness leaders.

With everything from Tai Chi to back care program; high and low impact aerobics to toning with tubing and an aerobic walking class called Pacemakers; Mount students, staff, faculty and the community took advantage of the many recreational fitness programs.

Weight training is a growing fitness trend on campus and several weight-training clinics were held this year. John Schimmel, N.S. Amateur Body Building Association, gave a one-day session on body building and body shaping.

Special events included a fitness leaders workshop, held in January. Leaders from all over the Atlantic provinces attended the session, led by Pierre Chartier from Ottawa.



Fitness participants exercised for charity at the Tin-Minute Workout on Caritas Day. The tins of food required for admission were donated to the Metro Food Bank for distribution to Halifax families.

During February, Heart Month, program leaders assisted the health office to test for healthy hearts at the Mount. Participants did step tests to test heart fitness, while health office staff took before and after blood pressures.

Fitness classes continue throughout the year. Plan now to "spring into Spring" with new programs beginning April 24.

Coaches (cont'd from AR-1)

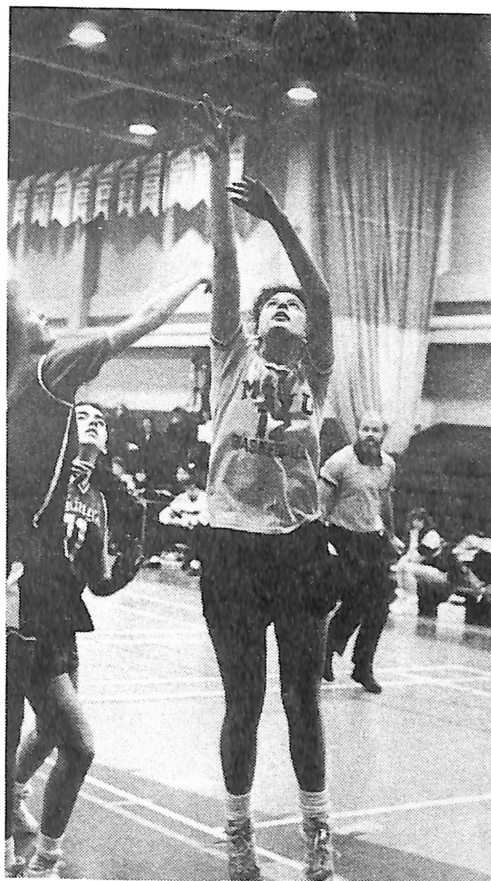
Coaching Certification program, they keep themselves attuned to the latest developments in their field.

"All of the coaches have been athletes at some level. We've been there, we've competed ourselves, but certification gives us the latest theories and techniques so that we can offer more to our athletes -- good, strong, professional coaching," says Patsy Pyke, assistant coach for soccer and basketball.

As part of the Year of the Coach program, the N.S. Sport and Recreation Commission will study 500 coaches across the province to determine services and information they require. In addition, a new \$1500 bursary will be available to help upgrade coaching skills.

In addition to applauding the thousands of Nova Scotians who give their time, skill and talent to amateur sport, the Year of the Coach program stresses the importance of choosing qualified persons as coaches and preparing them for the responsibility of their role by encouraging certification.

Mount coaches will be honored by their teams at the Annual Awards Banquet on March 29.



'88-'89 College Conference Teams

The Mount competes in the Nova Scotia College Conference (NSCC) against six other universities and colleges. Nationally, the Mount is a member of the Canadian

College Athletic Association (CCAA). With only seven teams competing, the Mount captured four provincial titles and placed second in two provincial finals.

Women's Volleyball:

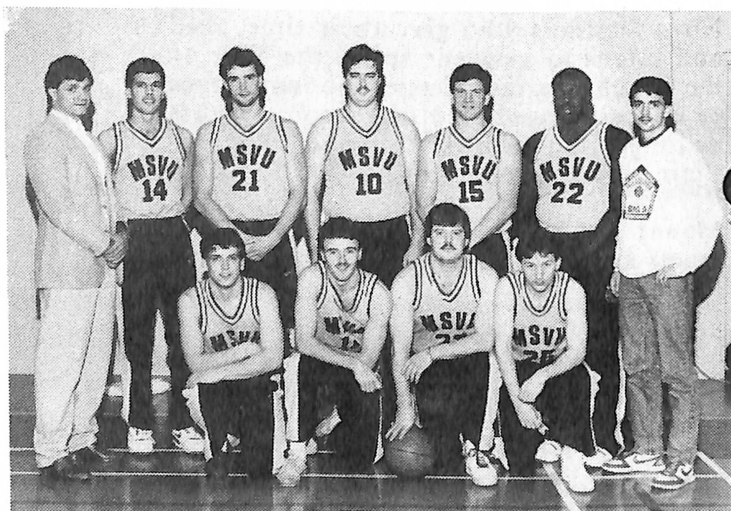
For an unprecedented ninth season, the Mount's volleyball team captured the NSCC title. The team travelled to Edmonton, Alberta for the CCAA championships. Dawn Dalley and Heather Selwyn-Smith were named to the all-conference team. Kim Farrell, NSCC Most Valuable Player, was named to the CCAA All Canadian Team. Coaches Howard Jackson and June Lumsden were named NSCC Coaches of the Year.



Women's Volleyball (l to r) Back row: coach June Lumsden, Lore Margetto, Verity Turpin, Dawn Dalley, Justine Turpin, Paula Ingarfield, Heather Selwyn-Smith. Front row: Kim Farrell, Jackie Games, Kathy Lamey, Leanne Tanner, Tessie Margett.

Men's Basketball:

This is the third year the men's team has competed in the NSCC. Under the guidance of new coach, Rick Plato, this has been a building year for the team, which placed fifth in the league.



Men's Basketball (l to r) Back row: coach Rick Plato, Rod Blake, Paul Henderson, Jim Lewis, Al Havill, Nevill Caines, Mark Forward. Front row: Paul Forward, John Doody, Ross Mills, Ray Burns. Absent in Jeff Manning.



Women's Soccer (1 to r) Back row: Sandra Newton, Cory Dykes, Leanne Tanner, Caroline Rodgers, Tracy Barton, Rhonda Rogers, Lisa Gomes, Tracy Reath, Sonya Powell and Michelle Michalak. Front row: Ann Cherie Williams, Heather MacPhee, Pam Bussey, Lore Martin, Bev Campbell, Terry Canning and coach Tina Broderick. Absent are Jocelyn MacLean, Jenny Murray and assistant coaches Linda MacLeod and Patsy Pyke.

Women's Soccer:

Undefeated in league play, the women's soccer team captured their third Nova Scotia College Conference (NSCC) championship. Caroline Rodgers was the league's Most Valuable Player. Pam Bussey and Lisa Gomes were named to the All-Conference Team.



Badminton (1 to r) Back row: coach Sherry Parks, Eric Boucher, Ray Bourque, Rob Mackenzie, David Knowlton. Front row: Geraldine Hubbard, Rebecca Margeson, Karrie MacDonald, Debbie MacDonald. Absent is Erna James.

Co-Ed Badminton:

NSCC champion, the team finished in the top three positions in all NSCC tournaments, with Rebecca Margeson winning women's singles. Margeson will go to the nationals this month in Quebec City.

Women's Basketball:

Finished in second place this season with a 9-3 record. Andrea Drake was named to NSCC First All-Conference Team; Julie Gidney and Kim Little to the Second All-Conference Team. Anne Lindsay was named NSCC Coach of the Year.



Women's Basketball (l to r) Back row: Jocelyn Maclean, Heather Stewart, Nancie Gatchell, Heather Nicholson, Kim Little, Laurie MacCormack, Leora Pye, coach Anne Lindsay. Front row: Andrea Drake, Julie Gidney, Paula Sweeney, Wanda Skinner, assistant coach Patsy Pyke.

Cross-Country Running:

The Mount's women's cross-country running team was NSCC winner for the fourth consecutive year. For the first time, the Mount had a men's cross-country running team, which placed second in the NSCC championship.



Cross-Country Running (l to r) Back row: Carol Tickner, J.J. Poidevin, Brenda MacGillvary, Melanie Claude and coach Bill Bent. Front row: Tony Roach, Paul Claude, Neil MacDonald and Patti Strople.