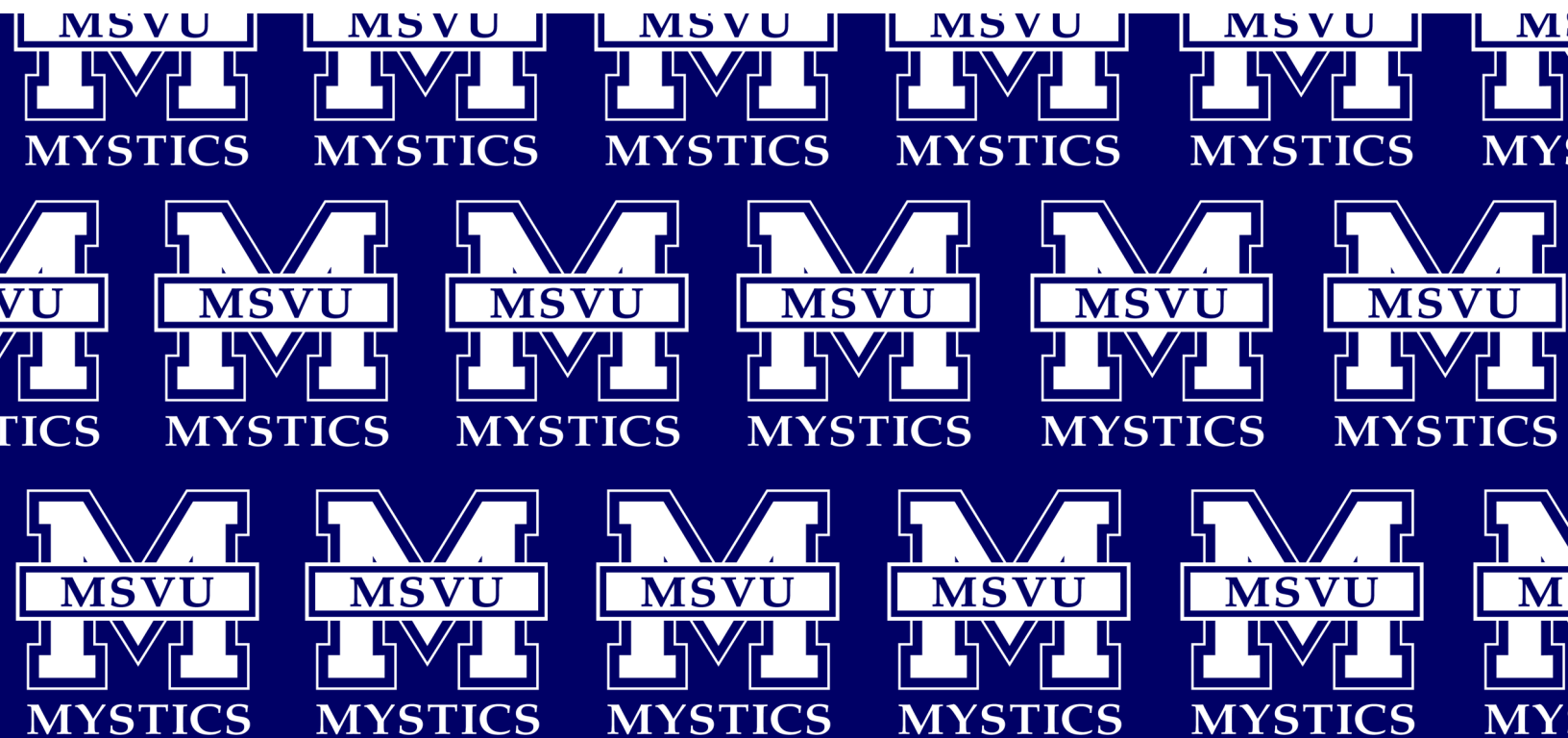




MSVU ATHLETICS & RECREATION

2021-2022 REVIEW





2021-2022 is a year that our students, staff, faculty, and community will not forget. Our second year of living with COVID-19 brought the challenge of adjusting to the everchanging public health standards and conditions, as we attempted to introduce some normality back into our everyday lives. We have all been required to adjust, reinvent, and learn different ways to deliver and receive our programs and services this year. The Mount, our students, student-athletes, coaches and staff certainly rose to the challenge!

Mount Athletics and the ACAA were very fortunate to be able to offer a fall varsity experience to our student-athletes with numerous protocols, a lot of testing and safety checks. The opportunity to participate and compete in your sport with your teammates and coaches felt not only reassuring, but so rewarding. Coaches and student-athletes adapted to the ever-changing conditions with resiliency and perseverance and we were able to complete the soccer and cross country seasons. All our teams competed in ACAA play offs and we were extremely proud of how they competed and represented the Mount.

December, January and early February brought another COVID lock down, with very restrictive protocols and no competition. It was not easy for our coaches and student-athletes to keep motivated, train and be positive at moments, but our team's resiliency and commitment shone throughout it all. We finally returned to competition in mid-February and our teams all showed that their dedication and hard work was the key to their incredible road to victory. Our women's and men's basketball teams and women's volleyball team all secured the ACAA Championship title in each of their respective sports. A crazy year, a crazy ride but such a satisfying accomplishment. They all travelled to CCAA National Championships across the country to compete and showed that they belong on that national stage. An outstanding experience for all our student-athletes and coaches.

This year has brought a few significant changes to our MSVU Coaching staff. A sincere thank you to Mark Harnish who stepped down after this past soccer season. Mark has been Head Coach of our Mount Mystics Men's Soccer program for 8 years. He is an inspiring leader and his student-athletes learned so much from him, both on and off the turf. An amazing coach, colleague, role model, dad, and friend. Thank you, Mark! In late February 2022, Ioan Florean was named our new Head Coach of the Men's Soccer program. Ioan is an extremely experienced soccer coach and is looking forward to what the future brings, as it certainly looks bright! A huge shout out to ALL our coaches for having the tenacity and resilience to be able to inspire and engage our student-athletes all year. We look forward to 2022-23 and all it brings.

Our Recreation and Fitness programs have also had to move and adjust to COVID and public health protocols this year. In such challenging times, we have had to think "outside the box" and have been delivering fitness and recreation services and programs in person, virtually and in Hybrid model! This has been challenging for all, but our members so appreciate all that our Fitness and Recreation programming has brought to their homes and at the Mount Fitness Centre. We are now back to hosting summer and in-service camps with a modified COVID twist. Our campers still are having a blast and our camp leaders are the best. A huge shout out to all our fitness and recreation instructors who gave inspiration, hope and fun to all our participants during some challenging times this year.

Through it all, COVID-19 has reminded us just how important it is to take time for self-care, connection with others, and the importance of community, kindness and humour. Thank you from the Athletics and Recreation team! All our participants, students, staff, faculty, and community members have been inspiring. We look forward to seeing you in 2022-2023.



**Thank you
Dr. Robert Berard!**

The voice of the Mount Mystics



**Thank you
Coach Harnish!**



**Thank you
Bryan Fader!**

**Mental Skills
Coach for the
Mount Mystics**



**Thank you Dave Gallant
for capturing all the amazing Mystics
moments throughout the year!**



CROSS COUNTRY



Women's Team (L to R): Hannah Baillie, Teaghan Wallace, Jillian Smith, Amelia MacDougall, Natalie Freeman

Men's Team (Top to Bottom): Eric Palaco-Tobia, Mitchell Firth
Missing: Trevor Fredeen



Hannah Baillie
Trevor Fredeen
Mitchell Firth



Natalie Freeman
Jillian Smith
Amelia MacDougall



Teaghan Wallace
Eric Palaco-Tobia
Matthias Mueller - Head Coach



MSVU Cross Country 2021-22 Season



**CCAA Academic All-Canadian
Mitchell Firth**

2021-2022 ACAA Championship Results

**Men's Individual Division:
Mitchell Firth - Bronze Medalist**

**ACAA All-Conference Team
Mitchell Firth**



MSVU Athletics Awards: Cross Country



**Most Improved Player
Teaghan Wallace**



**Coach's Award
Hannah Baillie**



**Most Valuable Player
Mitchell Firth**



WOMEN'S SOCCER



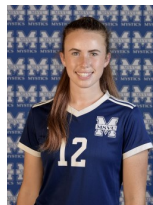
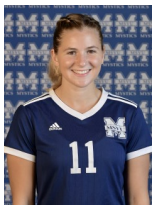
3rd Row (L to R): Jordan Blaney, Megan Ellis, Kate Burton, Emma Farrell, Esja Marr, Emily Lush, Sacha Clark, Hannah Wheaton, Annika Monroe, Maddie Laurence, Kathrine McEwen, Mariah Wright (Manager), Tatum Drake

2nd Row (L to R): Kayla Pike, Ashley Neves, Kaitlyn Oakley, Kayley Clair, Abigail Binns, Madison Mills, Ally Seamone, Ana Lucas, Pascale Haidar

Front Row (L to R): Kari Waller & Morgan Gillis



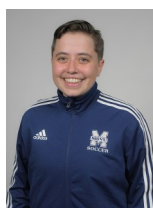
Kari Waller
Kaitlyn Oakley
Emily Rake
Ana Lucas
Kayley Clair
Ally Seamone
Abigail Binns
Kathrine McEwen



Emily Lush
Maddie Laurence
Annika Monroe
Esja Marr
Hannah Wheaton
Pascale Haidar
Emma Farrell
Sacha Clark



Ashley Neves
Madison Mills
Kayla Pike
Megan Ellis
Kate Burton
Sarah Keeler
Jordan Blaney
Morgan Gillis



Tatum Drake
Danielle Cyr - Head Coach
Lauren Windsor - Asst. Coach
Jenna Blackburn - Asst. Coach
Ashley Poirier - Asst. Coach
Abbey MacLeod - Asst. Coach
Mariah Wright - Manager



MSVU Women's Soccer

2021-22 Season

2021-22 ACAA Silver Medalists

Regular season record: W: 7 T: 2 L: 3



CCAA All-Canadian
Annika Monroe

CCAA Academic All-Canadian
Annika Monroe

1st Team ACAA All-Conference
Esja Marr
Annika Monroe

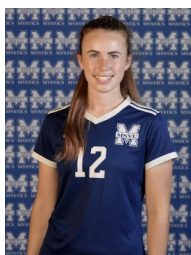
2nd Team ACAA All-Conference
Kayley Clair
Emily Lush

ACAA Player of the Year
Annika Monroe

ACAA Rookie of the Year
Kayley Clair

ACAA Coach of the Year
Danielle Cyr

MSVU Athletics Awards: Women's Soccer



Most Improved Player
Esja Marr



Coach's Award
Mariah Wright



Most Valuable Player
Annika Monroe



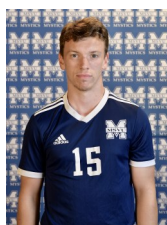
MEN'S SOCCER



Back Row (L to R): Jesse Thomson (Asst. Coach), Colin Uren, Waris, Atiqullah, Nick Bryden, Logan Blinn, Mark Harnish (Head Coach)
 Middle Row (L to R): Noah Jordan, Bret Baxter, Amath Bojang, Maxwell Hoar, Michael Grechuk, Logan O'Connell, Brett Maddox
 Front Row: (L to R): Quinn Halsey, Connor Grant, Tylar Graves, Kevin Abraham, Jesse Beaton, Luc Andriopoulos, Steve Belinga



Kevin Abraham
 Bret Baxter
 Jesse Beaton
 Noah Jordan
 Amath Bojang
 Luc Andriopoulos



Logan Blinn
 Tylar Graves
 Quinn Halsey
 Nick Bryden
 Steve Belinga
 Logan O'Connell



Connor Grant
 Michael Grechuk
 Maxwell Hoar
 Brett Maddox
 Colin Uren
 Waris Atiqullah



Mark Harnish - Head Coach
 James Foley - Assistant Coach
 Jesse Thomson - Assistant Coach
 Annabelle Harnish - Manager

MSVU Men's Soccer 2021-22 Season

2021-22 ACAA Semi-Finalists

Regular season record: W:5 T:4 L:3

ACAA 1st Team All-Conference

Luc Andriopoulos

Amath Bojang

ACAA 2nd Team All-Conference

Nick Bryden

Logan O'Connell

Thank you Coach Harnish!

In 2021 Coach Mark Harnish stepped down from the role of Head Coach of the Mystics Men's Soccer Team, after eight years of commitment to the program (2014 - 2021). An enormous thank you goes out to Mark and his entire coaching staff. We wish Coach Harnish all the best in any future endeavors.

MSVU Athletics Awards: Men's Soccer



Most Improved Player
Michael Grechuk



Coach's Award
Nick Bryden & Connor Grant



Most Valuable Player
Luc Andriopoulos



WOMEN'S VOLLEYBALL



Back Row (L to R): Hannah Huntley, Cella MacLellan, Marcy MacNeil, Nicole Rector, Elisabeth Héroux-Rhymes, Madison Prudencio, Libby Smith, Ella Hickey, Madyson Parlee, Madison Urquhart (Assistant Coach)

Front Row (L to R): Catherine MacPhail, McKenzie Antle, Kristen Binns, Becca MacDonnell, Derrick Brooks (Head Coach), Ava Pernu, Seven McHatten, Kamryn Sanger, Maia Green

Missing: Darren MacCullum (Assistant Coach), Jamie Brown (Assistant Coach), Tyler Simmons (Assistant Coach)



Nicole Rector
Becca MacDonnell
Elisabeth Héroux-Rhymes
Madyson Parlee
Ava Pernu
Madison Prudencio



Marcy MacNeil
Ella Hickey
Catherine MacPhail
Kristen Binns
Hannah Huntley
Maia Green



McKenzie Antle
Kamryn Sanger
Seven McHatten
Libby Smith
Cella MacLellan



Derrick Brooks - Head Coach
Jamie Brown - Assistant Coach
Tyler Simmons - Assistant Coach
Madison Urquhart - Assistant Coach
Justin Brooks - Assistant Coach
Missing: Darren MacCullum - Assistant Coach

MSVU Women's Volleyball

2021-22 Season

2021-22 ACAA Champions

Regular season record: W: 11 L: 3

CCAA Nationals: Bronze Quarter-Finalists



CCAA All-Canadian
Elisabeth Héroux-Rhymes

CCAA Academic All-Canadians:
Elisabeth Héroux-Rhymes
Nicole Rector

ACAA 1st Team All-Conference
Elisabeth Héroux-Rhymes

ACAA 2nd Team All-Conference
Nicole Rector

ACAA Coach of the Year
Derrick Brooks

MSVU Athletics Awards: Women's Volleyball



Most Improved Player
Madyson Parlee & Marcy MacNeil



Coach's Award
Nicole Rector



Most Valuable Player
Elisabeth Héroux-Rhymes



WOMEN'S BASKETBALL



Back Row (L to R): Mark Forward (Head Coach), Christina Brien (Assistant Coach), Bryan Fader (Mental Skills Coach), Courtney Smith, Yohali-Soleil Wa Nyasa, Sophie Delorey, Emma Foye, Katherine Khorovets, Piper Tracy-Stewart, Alisha McNeil, Tyler Malloy (Manager), Kate Gallant (Assistant Coach), Kenny Reardon (Assistant Coach)

Front Row (L to R): Teaonna Carroll, Amanda Pearcey, Gwen Ettinger-O'Leary, Tahlia Jones, Randi Hudson, Kelsey Crocker, Ashleigh Marshall, Calla Newcomb

Missing: Marcus Eaton (Assistant Coach)



Kelsey Crocker
Alisha McNeil
Piper Tracy-Stewart
Randi Hudson
Katherine Khorovets



Calla Newcomb
Teaonna Carroll
Amanda Pearcey
Ashleigh Marshall
Courtney Smith



Gwen Ettinger-O'Leary
Sophie Delorey
Tahlia Jones
Yohali-Soleil Wa Nyasa
Emma Foye



Mark Forward - Head Coach
Kenny Reardon - Assistant Coach
Marcus Eaton - Assistant Coach
Kate Gallant - Assistant Coach
Christina Brien - Assistant Coach
Tyler Malloy - Manager



MSVU Women's Basketball 2021-22 Season

2021-22 ACAA Champions

3rd consecutive ACAA Title

Regular Season Record: W:9 L:2

Regular season CCAA ranking: 4th place

CCAA Nationals: Bronze Semi-Finalists



CCAA All-Canadian

Kelsey Crocker

CCAA Academic All-Canadians:

Kelsey Crocker

Tahlia Jones

Alisha McNeil

ACAA 1st Team All-Conference

Kelsey Crocker

ACAA 2nd Team All-Conference

Tahlia Jones

Alisha McNeil

ACAA Dyrick McDermott Defensive Player of the Year

Randi Hudson

ACAA Player of the Year

Kelsey Crocker

ACAA Coach of the Year

Mark Forward

MSVU Athletics Awards: Women's Basketball



Most Improved Player
Katherine Khorovets



Coach's Award
Piper Tracy-Stewart



Most Valuable Player
Tahlia Jones & Kelsey Crocker



MEN'S BASKETBALL



Back Row (L to R): Liam Mitchell (Assistant Coach), Sean François, Tario Sands, Dawson Berze-Butts, Joel McCrossin, Ty Murnaghan, Marcel Boudreau (Assistant Coach), Danny De Palma (Head Coach)

Front Row (L to R): Jack Forward, Lyon McLean, Tariq Thomas, Adam Callaghan, Mo Abukar, Gavin Trites, Jaxon Smith, Will Spaulding
Missing: Nick Jennex (Assistant Coach)



Mo Abukar
Will Spaulding
Tariq Thomas
Gavin Trites



Tario Sands
Adam Callaghan
Ty Murnaghan
Jaxon Smith



Lyon McLean
Nichale Brine
Dawson Berze-Butts
Jack Forward
Joel McCrossin



Danny De Palma - Head Coach
Marcel Boudreau - Assistant Coach
Sean François - Assistant Coach
Liam Mitchell - Assistant Coach
Nick Jennex - Assistant Coach

MSVU Men's Basketball

2021-22 Season

2021-22 ACAA Champions

Regular Season Record: W: 4 L: 8

CCAA Nationals: Bronze Quarter-Finalists

In Coach De Palma's first regular season of ACAA competition, the Mystics were ranked 6th at the end of regular season play.

During playoffs, they turned up the intensity on the road, and with a great team effort, won the quarter-finals, semi-finals and then took home the championship banner with a 69-67 win over STU.

Congratulations Mystics and Coach DePalma on a successful season.



MSVU Athletics Awards: Men's Basketball



Most Improved Player
Will Spaulding



Coach's Award
Tariq Thomas



Most Valuable Player
Jaxon Smith & Joel McCrossin





ATHLETICS & RECREATION AWARDS

2021-2022 Athletics Awards

Female Athlete of the Year:	Kelsey Crocker	Sport: Women's Basketball
Male Athlete of the Year:	Joel McCrossin	Sport: Men's Basketball
Windsor Flash Trophy:	Ally Seamone Madeline Laurence Kathrine McEwen	Sport: Women's Soccer Sport: Women's Soccer Sport: Women's Soccer
Sheila & Stephenie Allt Memorial Award:	Madeline Laurence Kathrine McEwen	Sport: Women's Soccer Sport: Women's Soccer
Tracy Barton Endowed Memorial Award:	Adam Callaghan Seven McHatten	Sport: Men's Basketball Sport: Women's Volleyball
Raymond & Helen Plato Memorial Award:	Jaxon Smith	Sport: Men's Basketball
Rick & Andrea Plato Award:	Ty Murnaghan	Sport: Men's Basketball
Dyrick McDermott Memorial Award:	Alisha McNeil	Sport: Women's Basketball
Alumni Varsity Award	Tariq Thomas Mariah Wright	Sport: Men's Basketball Sport: Women's Soccer

2021-2022 Recreation Award:

Margaret Ellis Award	D'Vaughn Rolle-Johnson	ARFA & Minor Officials Crew
----------------------	------------------------	-----------------------------

2020-2021 CCAA National Scholars



Courtney Smith	Calla Newcomb	Jared Green	Ally Seamone	Breagh Laing	Marcy MacNeil
Gwen Ettinger-O'Leary	Campbell Colpitts	Jillian Smith	Julia Short	Ana Lucas	Madyson Parlee
Redford Ingram	Kelsey Crocker	Hannah Baillie	Dominic Stutz	Andrea Mahoney	Kayla Pike
Nicholas Jennex	Donald DeWolfe	Bret Baxter	Pascale Haidar	Kathrine McEwen	Nicole Rector
Tahlia Jones	Mitchell Firth	Connor Grant	Maxwell Hoar	Elisabeth Héroux-Rhymes	Kristen Binns
Alisha McNeil	Natalie Freeman	Michael Grechuk	Carly Johnston	Rebecca MacDonnell	



ACAA CHAMPIONS

2021-2022





Triple Banner Weekend!

March 12, 2022: Mystics Women's Volleyball defeats STU in three straight sets 25 - 20, 22, 18 at home.

March 13, 2022: Mystics Women's Basketball defeats STU 73 - 67 at home.

March 13, 2022: Mystics Men's Basketball defeats STU 69 - 67 on the road at STU.



CCAA Championships: March 25 - 27, 2022

Women's Volleyball hosted by Holland College in PEI

Women's Basketball hosted by Vancouver Island University in BC

Men's Basketball hosted by Humber College, ON

